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23-29 SEPTEMBER 2023

TV & Satellite Week

TV TO GET EXCITED ABOUT!

NEW

The Long Shadow

An all-star cast in a powerful true-crime drama

FROM MONDAY ON ITV1

NEW

BAKE OFF
Alison Hammond on her tent debut

LIVE!

RYDER CUP
Can **Rory McIlroy** lead Europe to victory?

NEW

BRASSIC
Lee Mack joins the gang!

HotList This week's 28

Saturday 23

Marcel the Shell with Shoes On

***ANIMATION** Sky Premiere, 10.05am & 3.50pm*

Charming animation about a talking shell who finds fame when he's discovered by a documentary-maker. *See review, p22*

Rugby World Cup

***RUGBY UNION** ITV1*

England face Chile in their next Pool D match (k-o 4.45pm), before what is sure to be an absolute showstopper of a game between the two tournament favourites, South Africa and Ireland (k-o 8pm).

Premier League

***FOOTBALL** Sky Sports & TNT Sports*

Today's top-flight coverage features Brentford v Everton (Sky Sports Main Event/Premier League, k-o 5.30pm) and Burnley hosting Manchester United at Turf Moor (TNT Sports 1, k-o 8pm).

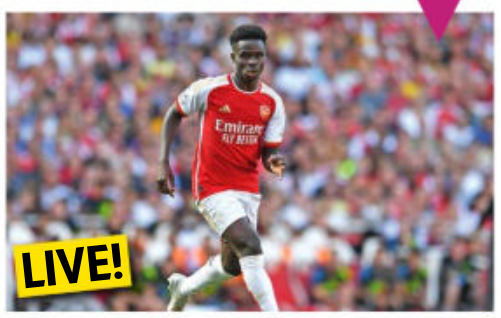
Black Snow

***CRIME DRAMA** BBC4, 9pm & 9.50pm (box set, BBC iPlayer)*

Six-part drama with Travis Fimmel (above) as a cop who reopens a murder case when an old time capsule reveals some new clues. *See feature, page 7*

■ Full listings start on **p35**

Sunday 24



Premier League

***FOOTBALL** Sky Sports Main Event & Sky Sports Premier League*

Today's live action features coverage of the north London derby between Arsenal and Spurs (k-o 2pm), before Sheffield Utd host Newcastle (k-o 4.30pm).

Rugby World Cup

***RUGBY UNION** ITV1*

Scotland play Tonga (k-o 4.45pm) in their latest Pool B fixture. Later, Wales take on Australia (k-o 8pm) in a face-off they will both be fired up for, especially as they have each been tagged as 'underdogs'.

Who Cares Wins Awards

***AWARDS** C4, 6.30pm*

Davina McCall (above) hosts as we celebrate our NHS and those who work in the health and social-care sector who've gone beyond the call of duty for their patients and various good causes.

Hamza: Strictly Birds of Prey

***WILDLIFE** BBC1, 7pm*

Strictly champ Hamza Yassin (above) returns to his first passion of Britain's birds of prey, travelling the length of the UK to capture footage of his favourites.

■ Full listings start on **p45**

Monday 25

The Vintage French Farmhouse

***FACTUAL** BBC1, 4.30pm*

UK antiques dealers set up camp in a gorgeous farmhouse in Provence to seek out vintage bargains that might appeal to the British market. Continues all week.

Phoenix Rise

***DRAMA** BBC3, 7pm & 7.30pm (box set, BBC iPlayer)*

The school drama is back for series two and sees the gang of outsiders concocting more schemes in their boiler-room hideout. Continues to Fri.

The Long Shadow

***CRIME DRAMA** ITV1, 9pm*

Katherine Kelly (above) stars in this fact-based drama about the crimes of Peter Sutcliffe, who murdered 13 women in Manchester and Yorkshire between 1975 and 1980. *See feature, page 4*

Big Zuu's Big Eats

***COOKERY** Dave, 10pm*

Chef and presenter Big Zuu returns with another run of his hit show, to rustle up more tasty dishes for his celebrity friends, starting with occasional vegan Jonathan Ross (pictured with Zuu).

■ Full listings start on **p55**

Tuesday 26

Fake or Fortune?

***DOCUMENTARY** BBC1, 8pm (not Wales)*

Fiona Bruce returns to try to sort bona fide artworks from the bogus. Tonight, Bruce and art dealer Philip Mould examine a sculpture unearthed at an Essex boot sale. *See Documentaries, p21*

The Great British Bake Off

***COOKERY** C4, 8pm*

Preheat your ovens and set those timers – *Bake Off* is back! Alison Hammond joins the team as co-host, with a fresh batch of bakers at the ready. *See feature, page 8*

EFL Cup

***FOOTBALL** Sky Sports Main Event & Sky Sports Football, k-o 8pm*

This is the first meeting between Man Utd and Crystal Palace in this competition since the 2011/12 season, when the Eagles recorded a shock 2-1 victory.

Celebrity SAS: Who Dares Wins

***REALITY** C4, 9.30pm*

Sixteen celebs are subjecting themselves to a series of brutal physical and mental challenges in the Vietnamese jungle under the barking shouts of an SAS leader.

■ Full listings start on **p65**

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best shows

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Wednesday 27

The Wonderful Story of Henry Sugar
***COMEDY DRAMA** Netflix*
Short based on a Roald Dahl story, about a man (Benedict Cumberbatch, above) who sets out to learn a magic skill to cheat at gambling. *See Your Watchlist, page 17*

Nadiya's Simple Spices
***COOKERY** BBC2, 8pm*
Nadiya Hussain (above) begins her new six-part series by revealing the eight spices she uses every day as she creates her favourite feel-good dishes, including a delicious lentil daal. *See feature, page 12*

Grand Slammers
***FACTUAL** ITV1, 9pm*
Rugby legends including Martin Johnson and Jonny Wilkinson, train a team of prison inmates for a match re-creating the 2003 Rugby World Cup final against Australia. Concludes tomorrow. *See feature, page 11*

Moulin Rouge: Yes We Can-Can!
***DOCUMENTARY** BBC2, 10pm (times vary) (box set, BBC iPlayer)*
This docuseries goes behind the scenes of the Moulin Rouge – which is run by a Yorkshirewoman. *See Documentaries, p20*

■ Full listings start on **p75**

Thursday 28

Love Is in the Air
***ROMANTIC COMEDY** Netflix*
Delta Goodrem (above) stars in this romcom as a fiercely independent pilot, fighting to keep the family business running, who finds herself falling for the Brit who's been sent to ground the company for ever.

Saving Lives at Sea
***DOCUMENTARY** BBC2, 8pm*
The docuseries returns to examine the work of the unpaid volunteers who sacrifice their free time to staff more than 200 RNLI lifeboat stations across the UK and some of the dangers they encounter.

Brassic
***COMEDY DRAMA** Sky Max & Sky Showcase, 10pm (box set, Sky Box Sets & NOW)*
The gang are back for more mayhem. Vinnie is made an offer he can't refuse – maybe it'll take his mind off the fact that Dylan is still missing. *See feature, p6*

Wildfire
***DRAMA** Film4, 11.50pm*
Drama about the bond between two Irish sisters (Nika McGuigan, above, and Nora-Jane Noone) haunted by family tragedy, mental illness and the dark legacy of the Troubles. *See review, page 23*

■ Full listings start on **p85**

Friday 29

Gen V
***SCI-FI** Prime Video*
In this spin-off series to *The Boys*, we meet the superheroes-in-training at Godolkin University, where students are swotting up, preparing for their crime-fighting careers. *See Your Watchlist, page 14*

Ryder Cup
***GOLF** Sky Sports Main Event/Golf, from 6am*
As the first day's foursomes and four-balls tee off, Rory McIlroy (above) and Team Europe will be keen to erase the memories of their 19-9 punishing by the USA in 2021. *See Sport Week, page 28*

65
***SCI-FI** Sky Premiere, 12noon & 8pm*
Adam Driver (above) is an astronaut on a research mission who crash-lands on an unknown planet – which turns out to be a prehistoric, dinosaur-inhabited Earth. *See review, page 23*

The Graham Norton Show
***CHAT SHOW** BBC1, 10.40pm*
Norton (above) is back for a new series and his guests are singer Kylie Minogue, actor Stephen Graham and comics David Mitchell and Mawaan Rizwan. Plus, there's music from Mae Muller.

■ Full listings start on **p95**

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Touched by evil

A powerful true-life drama tells the story of **Peter Sutcliffe**'s horrific crimes

NEW CRIME DRAMA
The Long Shadow
Monday, 9pm, ITV1

Between 1975 and 1980, Peter Sutcliffe terrorised Yorkshire in a killing spree that left 13 women dead and seven others lucky to be alive after they managed to survive his brutal attacks.

His horrific crimes left a deep scar on the nation's psyche and have been the subject of numerous films and documentaries, but the grief and pain that continues to be felt by his victims' families is often forgotten.

Based on real events and featuring a stellar ensemble cast including David Morrissey and Toby Jones, ITV1's seven-part series *The Long Shadow* tells the story of the infamous serial killer and the five-year manhunt he triggered. It's told through the eyes of his victims and their families, who lost mothers, sisters and daughters – to the extent that Sutcliffe (played by Mark Stobbart) does not make an appearance until the final two episodes.

Opening in October 1975, with the murder of Wilma McCann, a mother-of-four from Leeds, this week's first episode goes on to follow the story of Sydney Jackson and his wife Emily, who would be Sutcliffe's second victim.

Like many people in Britain during the period, the Jacksons were struggling to make ends meet in tough economic times, and Emily made the difficult decision to become a part-time sex worker in a bid to support their three children.

'Emily is a fascinating character, because the fear and terror looming for her wasn't this serial killer, but being evicted,' explains Katherine Kelly, who plays her. 'She drove her husband to his roofing jobs, did the books for the business and had about three jobs herself. She and Sydney lost their first child in a tragic accident, so they had a pact where they lived for the day.'

To research the role, Kelly read a book written by Emily's son, Neil Jackson, which

The press turn up at Sydney's door

Toby Jones and Lee Ingleby as detectives Hoban and Hobson

Sydney Jackson
Daniel Mays
At first, the police suspect Sydney of killing his wife Emily, until they realise a serial killer is at large.

WORDS: SEAN MARLAND. PHOTOS: ITV

tells the story of his life in the wake of his mother's murder. Meanwhile, Daniel Mays, who plays Sydney, was able to meet Neil ahead of filming.

'He brought along two photographs of his mum that he wanted to show me and he was so generous with his time,' says Mays. 'Sydney couldn't read or write or drive, so Emily was the driving force behind the family. When it came to identifying his wife's body, Sydney just couldn't do it and sent in Neil instead, even though he was just 17.'

The police initially suspect Sydney of killing his wife, until it soon becomes clear the two murders are linked – and the start of a terrifying series of killings.

'I was brought up on the border of West and South Yorkshire and you grow up with the knowledge of those five years of terror,' says Kelly. 'If a woman was 10 minutes late for work in the late 1970s, there was panic. It left a scar on the landscape.'

As the series progresses, Sutcliffe's crimes lead to the biggest police manhunt Britain has ever seen, but many of the detectives harbour misogynistic attitudes that hamper their investigation. However, one who understands the situation is DCS Dennis Hoban (Toby Jones), who takes up the case in its early stages this week.

'When Wilma McCann was murdered, Hoban ran an appeal for information in the paper with a photograph of her four children,' says writer George Kay. 'He realised that saying a prostitute had been murdered wouldn't elicit much help from the public, so he framed her as a mother. He was ahead of his time in that respect.'

Sutcliffe avoided detection for years due to a series of missed chances by police to catch him. He eventually confessed in 1981 after a police check discovered stolen number plates on his car.

Kay says that the series title was changed out of respect for the victims.

'We started with *The Yorkshire Ripper* as a working title, but we gradually learnt that the moniker was disrespectful in many ways, especially to the victims' families,' he says. 'They don't like that name being applied to Sutcliffe, because it creates a dark brand around a man who doesn't deserve that sort of attention.

'We changed it to *The Long Shadow*, which is more in tune with the broader story that we're trying to tell. It's not just about the crimes and the investigation, which are really important, but the effects of the crimes that continue long after Sutcliffe was arrested.'

Emily Jackson
Katherine Kelly
The mother-of-three is a part-time sex worker and the only one of Sutcliffe's victims who is married.

WHO'S WHO

Marcella Claxton
Jasmine Lee-Jones
The 20-year-old survives an attack and gives the police a description of the killer.

DCS Dennis Hoban
Toby Jones
The detective investigates the killer's first murders, but is later taken off the case.

DCS George Oldfield
David Morrissey
The cop takes over the case, but the stress of the investigation leads to health problems.

Wilma McCann
Gemma Laurie
The mother-of-four is Sutcliffe's first victim. Her murder leads her eldest daughter to take her own life years later.

DCS Jim Hobson
Lee Ingleby
The detective serves under DCS Hoban, before taking over the case after his departure.

Doreen Hill
Jill Halfpenny
Doreen is devastated when her daughter is murdered while walking home in Leeds.

WPC Jill Adams
Cara Theobold
The police officer goes undercover as a sex worker in a bold bid to catch Sutcliffe.

WPC Anna Lawson
Charley Webb
The police officer faces an uphill task as she quizzes sex workers for clues about the killer.

Michelle Keegan (third from left) and the cast of *Brassic*

Michelle Keegan and the *Brassic* gang are back for more mirth and mayhem

Risky business

NEW COMEDY DRAMA

Brassic

Thu, 10pm, Sky Max & Sky Showcase (box set, Sky Box Sets & NOW)

Get set for missing coffins, taxidermy cats and giant fluffy bunnies as riotous comedy drama *Brassic* returns to Sky for its fifth season

As always, wherever Vinnie (Joe Gilgun), Erin (Michelle Keegan) and the gang go, trouble is never far behind, while this time they are also desperately seeking Dylan (Damien Molony), who was last seen being bundled into a car by some heavies. Vinnie and Erin are worried their mate has met a gruesome fate – can they track him down?

Here, Keegan, 36, reveals more…

What madcap schemes do the *Brassic* bunch get involved in this time? Once again, Vinnie and the gang are getting involved in more heists to make ends meet and, of course, it goes wrong every single time. But they're all underdogs and, although they're involved in petty crime, as a viewer, you still champion them and want them to succeed. And when they don't, it's quite heartbreaking… but hilarious.

How does Dylan's absence affect the group dynamic? There are posters of 'missing' Dylan up all over Hawley, and Vinnie and Erin don't know where he is. So it's about trying to find out what's happened to him and who's involved. It could be gangster Manolito or the dangerous MacDonagh brothers – they have no idea. It was weird not having Damien Molony on set because we all started *Brassic* together, so there was this missing link.

How are things between Vinnie and Erin? Vinnie and Erin are on friendly terms and there's no undercurrent of any romance. There is always going to be love between the pair but circumstances won't let them be together. It's frustrating, not just for them, but for the audience as well.

Are there some personal stories for Erin this time? Yes. Erin's dad has died and she's inherited this flat in Blackpool. But we soon find out her dad's left her with £10,000 of debt, so the gang come together and work out how Erin can pay it off. There's another storyline where Erin's son Tyler [Jude Riordan] is getting bullied. Those serious moments are what really ground the show. *Brassic* is not just a comedy – it's a show with real heart.

Was it fun having Lee Mack guest-star in the first episode? I first met

WORDS: SEAN MARLAND, VICTORIA WILSON. PHOTOS: BBC, SKY

Lee Mack as Eddie

LEE'S KEY ROLE

***Not Going Out*'s Lee Mack joins the *Brassic* gang this week as he guest-stars as Eddie, a man with a van who gets involved with Vinnie's scheme to pinch some top-of-the-range cars. But when Eddie swallows the keys to the transporter, a chaotic 24 hours ensues...**

'Eddie is a bit put-upon, a bit wet, he does what he's told and doesn't stand up for himself very well,' reveals Mack. 'Vinnie bosses Eddie around, but it's all done with affection.

'I absolutely loved doing *Brassic*. It's such a great team and I love Joe Gilgun – he's a bona fide, old-school funny man.'

Lee when he did Soccer Aid with my husband Mark [Wright] a few years ago. He's such a lovely guy. Obviously, being a comedian, Lee's very good with comedy timing, so he would just riff on some of his lines. There's one scene where Lee's hanging upside down on a fence by his underpants. Not something I thought I'd ever see!

***Brassic* is very fast-paced as the gang gets into scrapes. Did you sustain any injuries during filming?** At one point, Erin and Vinnie are involved in a car accident, so Joe and I had to do this big car stunt. In the scene, we're heading towards a roundabout, full pelt, then we crash and the car flips. We had to do the flip in the studio on a green screen. So we got all strapped in and we're flipping around when Joe, as Vinnie, reaches over to try to protect Erin… and, by accident, punches me straight on the nose!

What do you enjoy most about working on *Brassic*? When I'm not filming, I miss the cast, the crew, the scripts, the laughs. Other shows I do are quite heavy, so *Brassic* is my fun release. When we all get back together after a break, it's chaos. It doesn't feel like work, it just feels like I'm going to see my mates and being filmed having a laugh... and getting punched in the face!

Travis Fimmel as cop James Cormack

DEAD reckoning

A decades-old murder case rocks an Australian town in a gripping whodunnit

NEW CRIME DRAMA

Black Snow

Saturday, 9pm & 9.50pm, BBC4 (box set, BBC iPlayer)

A detective sets out to find a killer and solve a town's darkest mystery when a cold case is reopened in six-part Australian crime drama *Black Snow*.

In 1994, the small, fictional Queensland town of Ashford was rocked to its foundations when teenager Isabel Baker (Talijah Blackman-Corowa) was murdered as she returned home from her high-school prom.

Her killer was never found, but 25 years later, a school time capsule is opened, revealing some chilling new clues about the case. Brisbane-based cop James Cormack (Travis Fimmel) is determined to investigate, and travels north in search of answers.

'James is a very flawed character,' says Fimmel. 'He's got a lot of childhood issues that he's still dealing with and I think that's the reason he became a cold-case detective. It's cathartic for him, but at the same time it brings up a lot of painful memories.'

The story switches between two timelines – one set in 1994, showing Isabel's life before her murder, and one following James' investigation in 2019.

Along the way, he encounters Isabel's sister Hazel (Jemmason Power), who believes her family were discriminated against by the police because of their heritage as South Sea Islanders.

SHAMEFUL HISTORY

Many Queensland towns are home to South Sea Islander communities, after people from Fiji and other islands were deceived into coming to Australia to work as poorly paid labourers in the 19th century.

The controversial, slavery-like practice was known as 'blackbirding' and is a grim chapter from Australia's past, while many members of the *Black Snow* cast are descendants of those Pacific Islanders forcibly brought to the country.

'We never learnt about that at school, so it was such a great learning curve,' says Fimmel. 'I love that *Black Snow* is going to put the community out there and represent it in some way and educate people, because I was amazed by some of the stuff that I read and was told.'

Icing on the

Alison Hammond joins **Noel Fielding** as the new co-host of *Bake Off*

NEW COOKERY
The Great British Bake Off
Tuesday, 8pm, C4

The bunting is up and the piping bags are primed as the big white tent welcomes a fresh crop of 12 nervous bakers and a brand-new presenter for the latest series of C4's *The Great British Bake Off*.

In the new run, *This Morning*'s Alison Hammond is replacing Matt Lucas to host the show with Noel Fielding, as the contestants battle to win over judges Paul Hollywood and Dame Prue Leith. First up is Cake Week, and it includes layer cakes, a chocolatey treat and an animal-themed sponge.

Here, Hammond, 48, and Fielding, 50, tell us more…

How did you feel on your first day, Alison?

Hammond I was star-struck. I looked at Paul, Prue and Noel and thought, 'I'm in *Bake Off*! What am I doing here?!' It's nerve-racking because that tent is a big deal. My nerves came out as excitement, so I jumped on Paul for a hug and we toppled over!

Fielding That's when we knew you'd arrived. It's one of the funniest things I've ever seen.

What is your rapport like?

Hammond We just laugh all the time. The pre-titles sequences we do are my favourite bit.

Fielding Alison always wants to dress up in costume. Her energy is infectious. It's a joyful, fun zone that she creates. The show needed a little kick in the arm. She brings warmth and a reminder to the bakers that they're there to have a good time as well as be in a baking competition.

Which particular bakes or themed weeks have stood out?

Hammond Chocolate Week is difficult, because the tent gets hot. And for Party Week, they did sausage rolls, which was incredible. I've put on a stone. I'm just going to get bigger, You'll be wheeling me in, Noel!

Fielding When the bakers do simple things like sausage rolls, because they're so good, they elevate them to another level. But Bread Week is hard because they put pressure on themselves. They want to impress Paul.

One of the bakers this year, Tasha, is deaf. What was it like learning some British Sign Language to communicate with her?

Hammond I can sign, 'Hello, bakers – welcome to the tent.'

Fielding It was fascinating. Tasha gave us all nicknames in sign language. Paul was 'Polly', because he was always on her shoulder [like a parrot], and she could hear me in my heels, so I was 'goat', and Alison was 'smile' or 'laughing'.

BACK TO BASICS

For the new series, a few changes are afoot in the tent. After the likes of Japanese Week and Mexican Week caused some contention in previous series, there are no country-themed weeks this time around. Instead, the bakers will tackle Party Week and Botanicals Week while Chocolate Week makes a return.

Meanwhile, following viewers' gripes, more traditional baking-based challenges will once again be the order of the day.

'This could be one of the best series yet,' says Hollywood, 57. 'We've gone back to basics. We've done some weeks in the past that have fallen a bit flat, but this year all of them really shone. Botanicals Week is all about the herbs and spices and florals that go into bread or cake. I might get my handshake out that week!'

WORDS: CAREN CLARK, JOHNATHON HUGHES, STEVEN MURPHY. PHOTOS: BBC, C4, GETTY, ITV

cake

Was it hard to say goodbye to the bakers when they left?
Fielding Yes, we have to make friends with them so that they trust us to give them support. Then you're suddenly crying when they go because you care about them.
Hammond I felt for them because they are committed to the bakes. It takes over their lives. I always say to them, 'Paul is criticising your baking, not you.' I got really upset about one baker leaving. You get to know them, and what it means to them.

Did appearing on *Celebrity Bake Off* in 2020 help you empathise with them, Alison?
Hammond I did well on that but I messed up the Showstopper and I couldn't find the oven door! I've learnt a lot doing this, though. And I give the bakers help, but not always the correct help. I say, 'Add more flour, you'll be all right.' Because I'm a natural sort of baker, I don't really measure – I wing it.

What do you still love about the show, Noel, and Alison, would you like to return for another series?
Fielding When you stop enjoying it, you stop doing it. But this is a job I feel lucky to have. It's a privilege, because it's such a loved show. And it's still fun and exciting.
Hammond I've had a lovely time, so if it doesn't happen again, that's fine. But I feel like they're going to be knocking on my door! It's just a nice show and there are no politics – it's just baking cake and happy vibes.

Fielding, Leith, Hollwood and Hammond with the contestants

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Shock news at the pub

CORONATION STREET

Jenny's turfed out of the Rovers

» **It's the end** of an era at the Rovers when new owners Waterfords tell Jenny that they're closing the boozer for refurbishments and, what's more, the staff's contracts are all being terminated. The landlady and her team are devastated – for many, the place is their home as well as their place of work. Will the heart of Coronation Street ever be the same again?

Meanwhile, as Jenny grieves for her ex-fiancé Leo, whose body was recently found, she gets thinking about his dad Teddy. Realising it's strange that Teddy hasn't been in touch with her since Leo's death was revealed, she decides to speak to the police. She later discovers that Teddy never went to Canada, leaving Stephen in a tight spot over the fact that he claimed to speak to Teddy when the fella was over there.

Can Stephen explain things?

As Stephen tries to explain yet another lie, he suggests to Jenny that they take a long holiday in Thailand. Can he escape to the sunshine before the rising heat in Weatherfield gets too much?

» **PLUS** Ryan's X-rated antics hit the papers, Paul clashes with Shelly's brother at her funeral, and Dev accepts money from Darren to split up Courtney and Aadi.

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ALSO IN THE SOAPS THIS WEEK...

EMMERDALE

» Mackenzie proposes to Chloe when he thinks she's pregnant (above), guilt-ridden Charles snaps and attacks Tom, Chas struggles as Mandy becomes Eve's unofficial stepmum, and Ryan and Gail try to move forward.

EASTENDERS

» Cindy tries to manipulate George for cash (above), Ravi struggles as the police investigate Nugget's disappearance, vengeful Theo exposes Stacey's Secret Cam work, and Whitney and Zack get the keys to their new pad.

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Rugby to the rescue

England's 2003 Rugby World Cup winners **train prisoners** for a grudge match against Australia

From left: Ben Cohen, Jason Robinson, Mike Tindall, Martin Johnson, Phil Vickery, Jonny Wilkinson, Lawrence Dallaglio and Matt Dawson

NEW FACTUAL

Grand Slammers

Wednesday & Thursday, 9pm, ITV1

While England's current rugby team is battling to win the World Cup in France, the heroes of the country's 2003 triumph are reunited this week in ITV1's uplifting documentary *Grand Slammers*.

Across two episodes, legends including captain Martin Johnson, Mike Tindall and Lawrence Dallaglio are tasked with training prisoners at HMP The Mount, Hertfordshire, using rugby as a form of rehabilitation.

The challenge is to get the inmates match fit and then play alongside them in a rugby match against a team of expat Australians, bossed by ex-Wallabies scrum half George Gregan.

Here, Jonny Wilkinson, 44, and Matt Dawson, 50, tell us what to expect…

Jonny Wilkinson

Wilkinson's winning World Cup kick

Martin Johnson (left) and Ben Cohen

Why did you want to take part in this series?

Dawson To meet up with my teammates from 2003 is always very special. But I was also aware of the need to help integrate offenders back into the community, and if I could do that via rugby, it felt like a no-brainer.

Wilkinson I felt drawn to the project immediately. I love facing new challenges, meeting new people and exploring the possibility of transformation.

What did you enjoy most?

Wilkinson Meeting the prisoners, connecting with them and watching them open up towards each other. I also enjoyed discovering a new bond with my own 2003 teammates.

How did you find playing together again after 20 years?

Dawson What's not to like about popping the ball to Martin Johnson or hearing Jonny screaming for a flat pass? It was the first time I really missed rugby since I retired.

How did you rate the prisoners' rugby skills?

Wilkinson Considering how little time they had to learn and execute an incredibly complex game, they were amazing. Then to do it as a cohesive unit made it even more impressive, especially given what some of them had been through.

Dawson Their improvement went far beyond my expectations. From teaching them the basics to them playing a high-intensity match in just a few weeks was incredible. It was heart-warming to see them go from sceptics to proud team members.

Did the show give you an insight into rehabilitation?

Dawson What's evident is the need for prisoners to have opportunities to learn and also to have a support network to help guide them. We all make mistakes, but some have more consequences than others. Let's at least give those who make errors the opportunity to make amends for them.

You liked...

Painkiller on Netflix

This recent six-part drama series told the story of the opioid epidemic in the US through the eyes of mechanic Glen (Taylor Kitsch), who becomes addicted to painkiller OxyContin, drug company president Richard Sackler (Matthew Broderick, right), and investigator Edie (Uzo Aduba).

Now try this...

Pain Hustlers on Netflix

Emily Blunt stars in this upcoming Netflix movie as Liza Drake, a cash-strapped single mother who ends up in a racketeering scheme when she lands a job at a morally corrupt pharmaceutical start-up. Chris Evans, Catherine O'Hara and Andy Garcia co-star.

Emily Blunt and Chris Evans

WORDS: HANNAH DAVIES, RICHARD MCCLURE. PHOTOS: GETTY, ITV, NETFLIX

Look Who's Back...

A familiar face making a new appearance this week

Rita Ora

Running Wild with Bear Grylls: The Challenge

Sunday, 6pm, National Geographic

Born in Kosovo, Rita Ora arrived in the UK as a baby and grew up in London. As a singer-songwriter, she has had 13 UK top-10 hits including *Anywhere* and *Hot Right Now*, while she's also starred in the hit movies *Fast & Furious 6* and *Fifty Shades of Grey*. In 2015, she was a coach on *The Voice UK* (inset), and she has also been on the panel for *The X Factor* and *The Masked Singer*.

HER NEW APPEARANCE

This week, Ora, 32, teams up with Bear Grylls for a survival challenge in Nevada's Valley of Fire. Her adventure starts with a parachute jump from 15,000ft, before a hike across lethal rock formations, while Grylls teaches her important climbing and abseiling skills. She also opens up about her marriage to Taika Waititi and how her family fled war in Kosovo. 'I'm so grateful I had this opportunity to understand what it physically and mentally takes to survive,' says Ora. 'I can conquer anything now.'

Rita Ora heads to Nevada's Valley of Fire

WORDS: HANNAH DAVIES, TESS LAMACRAFT, RICHARD MCCLURE, NICK CANNON. PHOTOS: BBC, C4, SHUTTERSTOCK, SKY, UKTV, ©2023 DISNEY & ITS RELATED ENTITIES, NATIONAL GEOGRAPHIC

Facing the music

Self-confessed 'dad dancer' **Les Dennis** gets set for his first *Strictly* live show...

LIVE ENTERTAINMENT

Strictly Come Dancing

Saturday, 6.15pm, BBC1

After weeks of build-up, the 15 celebrities take to the dance floor with their pro partners for the very first time this week as the hotly anticipated *Strictly* live shows get under way.

TV&Satellite Week caught up with comedian and TV host Les Dennis, 69 – who has been partnered with pro dancer Nancy Xu – to find out more about his *Strictly* hopes…

Are you feeling nervous about performing your first dance? I was really nervous, but now those nerves have turned into excitement. *Strictly* is an iconic show, and this is a once-in-a-lifetime opportunity. I have always gone for challenges outside my comfort zone, and this really is the ultimate one. But a little bit of nerves is always good. It means you care.

What's the moment you're most looking forward to? Probably the moment when me and Nancy are on those *Strictly* stairs, ready to come down to the dance floor. That's when it will feel like it's really happening.

Have you ever been asked to do *Strictly* before? Yes, I was asked when I was still starring in *Coronation Street*. I couldn't do it and thought the opportunity had gone, but then this year, they called again. I was thrilled, especially as I'm approaching my 70th birthday. My kids are really excited, too, so that's nice.

How would you rate your dance skills? I've had comedy roles in musicals like *Hairspray*, where everyone is dancing except me, so I'm definitely not a dancer. I'm good at dad dancing… going into grandad dancing. But I love being in costume, so bring it on.

Have you had any good advice from famous friends? Michael Ball was the first to get in touch, and he just said, 'Be yourself.' He's seen my dancing!

How do you feel about being critiqued by the judges? The best thing to do is not worry about it; go away and correct what they've told you. They're always fair and make really good points – even Craig Revel Horwood!

Spice girl

Nadiya Hussain shows how eight key spices can transform any meal

NEW COOKERY

Nadiya's Simple Spices

Wednesday, 8pm, BBC2

From scrumptious cheesecakes to comforting broths, *Bake Off* favourite Nadiya Hussain shows how spices can transform a host of easy-to-cook recipes in her new six-part series.

'When people think of spices, they often think time-consuming, but my mum, nan and great-granny all made

Les Dennis and pro dancer Nancy Xu

incredible dishes with just a few simple spices,' says Hussain, 38. 'I'm showing how to do that with eight key spices that I use every single day.'

Hussain's 'essential eight' that feature in the series include cumin, turmeric, chilli, fennel, bay leaves and cardamom.

'Some of the dishes I make are Bangladeshi from my childhood, some are British classics with a twist, and others are mash-ups that fuse both my worlds,' explains Hussain.

Each week, there's a different theme, such as Get Togethers and Family Favourites. First up is Feel Good Food, in which Hussain whips up a turmeric seafood broth and a cumin and bay leaf-infused daal.

'Bay leaves are often overlooked,' continues Hussain, 'But I grew up drinking bay-leaf tea, and they add a wonderful perfumy flavour to both sweet and savoury dishes.'

A filo cheesecake

The series also features chefs and food writers who reveal their go-to spices, starting with Iranian cook Yasmin Khan, who explains the history behind the world's most expensive spice, saffron.

As for Hussain, her favourites are cinnamon and turmeric.

'Cinnamon is the most versatile of all the spices, while turmeric has a gorgeous smoky flavour and fantastic healing properties,' she says. 'The amount of turmeric I've had in my life, I should technically live to 120!'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

NEW Celebrity SAS: Who Dares Wins

Tuesday, 9.30pm, C4

Sixteen familiar faces brave the unforgiving Vietnamese jungle and the barking orders of SAS chief instructor Mark 'Billy' Billingham as the series returns. Among the participants are former Wales rugby ace Gareth Thomas, presenter Melinda Messenger, politician Matt Hancock, singer Gareth Gates and former England footballer Jermaine Pennant.

NEW

Big Zuu's Big Eats

Monday, 10pm, Dave

There are a few changes as Big Zuu rustles up tasty treats for a new batch of guest stars. This time, Zuu has parked his food truck on the drive of the Big Eats HQ, where different chefs will join him to help him cook for the likes of Sir Mo Farah and first guest Jonathan Ross (pictured with Zuu). 'We also have a different activity for each celebrity guest,' says Zuu. 'Playing tennis with Jonathan Ross was incredible.'

NEW

Sandylands

Mon, 10pm (times vary), BBC2 (box set, iPlayer)

Previously shown on Gold, this comedy series follows amusement-arcade owner Les Vegas (Sanjeev Bhaskar, left) and his estranged daughter Emily (Natalie Dew), who'd fled the seaside resort of Sandylands for a more exciting life but who has been forced to return. David Walliams, Simon Bird, Sophie Thompson, Craig Parkinson and Hugh Bonneville also star.

NEW

The Puppet Asylum

Saturday, 10.45pm, Sky Documentaries

This short film from writer, director and actor Otto Baxter (left), who has Down's syndrome, reimagines his life experiences as a Victorian-era horror musical about a 'monster baby'. Preceding the film (at 9pm on Sky Documentaries & Sky Showcase), the documentary *Otto Baxter: Not a F***ing Horror Story* follows the project from start to finish, and reveals more about Baxter's backstory.

University CHALLENGE

Meet the **superpowered students** training to become heroes in a spin-off from *The Boys*

Marie (Jaz Sinclair) and Emma (Lizze Broadway)

Who will graduate from Godolkin?

Gen V

NEW *Available: Friday 29 September*
Genre: Sci-fi Season: 1 Episodes: 8
(first three episodes from Fri 29 Sept, then weekly)

Smash-hit superhero series *The Boys* is expanding its universe with a hugely anticipated spin-off, *Gen V*, which introduces the next generation of 'Supes' at the prestigious Godolkin University.

But unlike the self-involved, deeply corrupted 'heroes' in the original series, these youngsters have the potential to actually do good – with lucrative endorsements, of course.

The eight-part series follows 18-year-old freshman Marie Moreau (Jaz Sinclair), who has the ability to control and weaponise her own blood, while Andre Anderson (Chance Perdomo) has magnetic powers and is set to take over his father's superhero name, Polarity.

Also in the gang is Andre's high-achieving best pal, Luke Riordan (Patrick Schwarzenegger), AKA Golden Boy, who can control fire, plus Marie's room-mate, Emma Meyer (Lizze Broadway), who's called Little Cricket due to her ability to shrink super-small.

FOR GOOD OR BAD

The fight for good grades and popularity comes with high stakes as the students compete for the school's highly coveted top rankings and a place in the elite team known as The Seven. But when they discover something sinister is afoot at Godolkin and are put to the test, will they emerge as heroes or villains?

'If you want to be a successful superhero and make it to The Seven, you have to pass through Godolkin because that's how you get your spot, your training and your acclaim,' says Sinclair. 'It's like a superhero starter school.'

The cast also includes Maddie Phillips as Luke's girlfriend, Cate Dunlap; Asa Germann as troubled Supe Sam; and London Thor and Derek Luh both play Jordan Li, who can change between male and female forms.

Meanwhile, *Bridgerton*'s Shelley Conn is Indira Shetty, the dean of the university, which is run by conglomerate Vought International.

'Godolkin is an elite Ivy League-type of facility that deals with two main factions of becoming an adult superhero,' says Conn. 'One is a kind of celebrity or influencer, and the other is a serious crime-fighter. But the ranking system is based on points on social media, so it's purely about likeability and popularity.'

Gen V is set concurrently with *The Boys* season four, which is due to be released when the US writers' strike is over. Fans can expect to see characters from the original pop up in the spin-off, though, including Vought leader Ashley Barrett (Colby Minifie) and Reggie Franklin (Jessie T. Usher), AKA A-Train.

But one particular star had some advice for the next generation.

'Jack Quaid [*The Boys*' Hughie Campbell] told us to stay a team,' says Sinclair. 'He was talking about the cast being the real family, and you can feel that when we're together.'

What we're watching...

The shows being enjoyed by the *TVSW* team

One Piece

Genre: Fantasy drama
Season: 1 Episodes: 8

Based on Eiichiro Oda's acclaimed manga series, this live-action seafaring fantasy centres on a likeable band of misfits known as the Straw Hat Pirates, led by Monkey D. Luffy (Iñaki Godoy, left). He is on a quest to find the ultimate treasure, known as the 'one piece', so that he can become king of the pirates. The gang encounter no end of obstacles, but their spirit of adventure never wavers in a glorious mix of delightful comedy and impressive action.

The Chelsea Detective

Genre: Crime drama
Season: 2 Episodes: 4

Adrian Scarborough (right) returns as houseboat-dwelling DI Max Arnold, now teamed with DS Layla Walsh (Vanessa Emme), and the pair are soon investigating new crimes in London's wealthy Chelsea district.

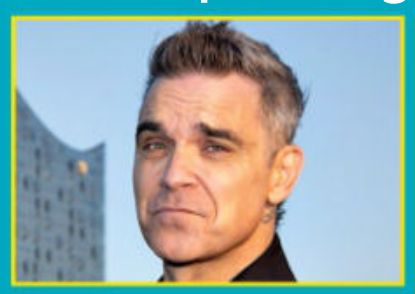
Choose Love

Genre: Romantic comedy Eps: One-off

In this interactive romcom, viewers can decide the romantic fate of recording engineer Cami (Laura Marano, right), who is torn between three men, rather than shouting at the screen at her bad choices.

Now in production...

Three upcoming shows to look out for soon



Robbie Williams

Netflix's as-yet-untitled four-part series will include in-depth interviews with the singer (above) and take a look at the triumphs and pitfalls of his life and career over the last 30 years, covering his time with Take That and exploring his battles with addiction.

World War Shoe: Adidas vs. Puma

A three-part Disney+ documentary, featuring Olympic gold medallist Usain Bolt (above), will delve into the rivalry between brothers Adi and Rudi Dassler, who founded the sportwear companies.

Chicken Run: Dawn of the Nugget

Miranda Richardson (above) will reprise her voice role as evil Mrs Tweedy in the sequel to the 2000 film, which will be available from 15 December and see plucky hen Ginger (Thandiwe Newton, replacing Julia Sawalha) tackle a new threat.

WORDS: CAREN CLARK, JUDY EWENS, REBECCA MAHONEY PHOTOS: ACORN TV, GETTY, NETFLIX, PRIME VIDEO, INTERVIEWS DONE BEFORE THE US WRITERS' AND ACTORS' STRIKES

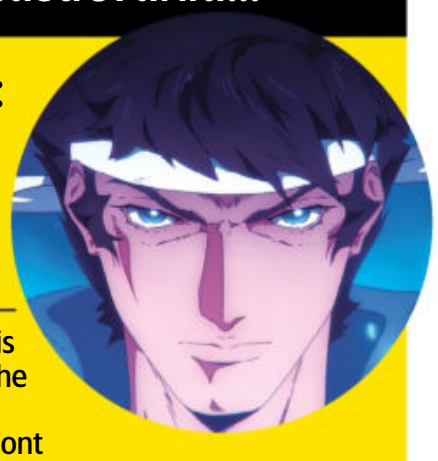
If you like survival thrillers...

NETFLIX Nowhere

NEW *Available: Fri 29 September*
Genre: Thriller

There's plenty of edge-of-your-seat excitement in this Spanish survival thriller. Pregnant Mia (Anna Castillo, right) tries to start a new life by fleeing a totalitarian country. But after a violent storm and a series of bad luck, Mia finds herself alone and drifting in the ocean in a cargo container. Can she find a way out of her predicament?

For fans of Castlevania...



NETFLIX Castlevania: Nocturne

NEW *Available: Thu 28 September*
Genre: Animation Season: 1 Episodes: 8

This *Castlevania* spin-off is set against the backdrop of the French Revolution. Edward Bluemel voices Richter Belmont (pictured), who tries to prevent the rise of a vampire 'messiah' and a cabal of bloodsuckers intent on blotting out the sun for ever. Nastassja Kinski voices Tera, a mentor to young vampire hunters who has her own past trauma.

Benicio Del Toro as Tom Nichols

Alicia Silverstone plays Tom's wife Judy

Justin Timberlake

NETFLIX Reptile

NEW *Available: Fri 29 Sept*
Genre: Thriller

A gruesome murder case forces hardened New England detective Tom Nichols (Benicio Del Toro) to confront his past in this brooding crime movie. Tom and his wife, Judy (Alicia Silverstone), find a fresh start in a quiet corner of Maine – until an estate agent is stabbed to death in a local wealthy suburb. But when Tom eyes up the suspects, including the victim's partner, Will (Justin Timberlake), and digs into the ambiguous facts of the case, he begins to unravel corruption and conspiracy while trying to escape his own demons. 'Tom is a man of destiny,' says *Sicario* star Del Toro, who also co-wrote the film. 'He's a man who gets a second chance, but then something happens and a reckoning occurs.'

Eve Hewson and Orén Kinlan

tv+ Flora and Son

NEW *Available: Friday 29 September*
Genre: Comedy drama

***Bad Sisters'* Eve Hewson** is Dublin single mum Flora, who is driven to distraction by her teenage son, Max (Orén Kinlan). When she tries to find a hobby for Max, she rescues an old guitar from a dumpster, but he's not interested, so she decides to learn the instrument herself and seeks out online guitar teacher Jeff (Joseph Gordon-Levitt) in Los Angeles – leading Flora to a long-distance flirtation. 'Flora and Max have a hilarious dysfunctional relationship where she's out partying while he's out robbing music shops and being a little troublemaker,' explains Hewson. 'But when she decides to learn the guitar, it opens her up and then they begin to bond.'

prime video The Fake Sheikh

NEW *Available: Tuesday 26 September*
Genre: Factual Season: 1 Episodes: 3

Tabloid journalist Mazher Mahmood earned the nickname 'The Fake Sheikh' thanks to his undercover sting operations, in which he posed as a wealthy Arab to obtain scandalous stories about celebrities. This three-part docuseries charts Mahmood's rise and fall, after his 2016 conviction for conspiring to pervert the course of justice in relation to the trial of N-Dubz singer Tulisa Contostavlos, a victim of his drugs sting. 'It was clear right from the start that Mahmood was prepared to do what it took, even turn over family and friends,' recalls fellow tabloid journalist Aylia Fox. 'He was single-minded and ambitious. It was all about the story – he was ruthless.'

WORDS: CAREN CLARK, HANNAH DAVIES, IAN MACEWAN. PHOTOS: APPLE TV+, BBC, C4, ITV, NETFLIX, SKY, PRIME VIDEO

Benedict Cumberbatch and Ralph Fiennes

Tales of the *unexpected*

Benedict Cumberbatch is among the cast as **Wes Anderson** directs four Roald Dahl short stories

NETFLIX The Wonderful Story of Henry Sugar

NEW *Available:* ***Wednesday 27 September***
Genre: ***Comedy drama***

***Asteroid City* filmmaker** Wes Anderson is no stranger to the works of Roald Dahl, having directed the 2009 stop-motion animated version of *Fantastic Mr. Fox*. But now he's put his talents into bringing Dahl's 1977 short story *The Wonderful Story of Henry Sugar* to life.

The magical 39-minute Netflix film starts out being narrated by Dahl (Ralph Fiennes), as he introduces Henry Sugar (played by Benedict Cumberbatch), a rich and idle bachelor.

When Henry stumbles upon a bizarre medical report on a man who claims to be able to see without his eyes, he decides to study the intriguing methods and ends up mastering the ability to see through playing cards in order to cheat at gambling.

'The story hooked me as a child,' says Anderson, 54, whose film credits also include *The Grand Budapest Hotel* and *The French Dispatch*.

'I first thought of adapting it almost 20 years ago when I was staying at Gipsy House, Dahl's family home in Buckinghamshire. But at the time, I thought, "I don't know how to do this." Over the years, the Dahl family kept the rights to the story set aside for me until I had a moment of inspiration.'

As the film continues, there are stories within the central tale, including that of Imdad Khan (Sir Ben Kingsley), the self-styled guru who can read without his eyes, and the story of Dr Chatterjee (Dev Patel), who decides to publish Imdad's story.

Meanwhile, armed with his new superpower, Henry ends up fleecing casinos around the world before deciding to put his winnings to a good cause.

'Benedict Cumberbatch was a key figure, and someone I'd been wanting to work with,' says Anderson. 'And having Ralph Fiennes play Dahl – that really made me want to do it.'

ROALD GOLD

***The Wonderful Story of Henry Sugar* is just one of four Roald Dahl adaptations, directed by Wes Anderson, released over consecutive days.**

***The Wonderful Story of Henry Sugar* is followed by *The Swan* on Thu 28 Sept, *The Rat Catcher* on Fri 29 Sept, and *Poison* on Sat 30 Sept.**

The adaptations feature many of the same cast members taking on multiple roles.

'I liked having a little company play all the films,' says Anderson. 'You hand [the scripts] to them, and then you step back and watch.'

The Rat Catcher (left) and *The Swan*

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

ITV X My Mum, Your Dad

Davina McCall's ITV1 dating show sees middle-aged singletons take a second chance at finding love. Among the hopefuls is widower Roger, who admits to potential squeeze Caroline that he cleans the dog's teeth with his own toothbrush.

BBC iPLAYER The Repair Shop

Former West Ham goalie Peter Grotier brings in a cherished but damaged match programme, signed by Pelé, from a game in 1970 when the Hammers played against the Brazilian's squad Santos, as the BBC1 series returns to prime time.

sky box sets NOW Domina

The second run of Sky's period drama follows Livia (Kasia Smutniak) and her husband, Rome's emperor Gaius (Matthew McNulty), as they return to the city to find it in turmoil, while Gaius' sister Octavia (Claire Forlani) wants revenge for her son's death.

4 Jamie Cooks the Mediterranean

In the chef's culinary travelogue on C4, his first stop is Greece, where he cooks smoky aubergine flatbread, develops a recipe for tzatziki chicken and discovers versatile dried plums on the island of Skopelos.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

90 Day Fiancé UK: Tell All
Sunday 24 September

Katherine Ryan hosts a studio special of the reality series in which the couples' pairings are discussed and updated.

All Star Shore
Monday 25 September

Season two of the reality series. Twelve stars from *Jersey Shore*, *Geordie Shore* and similar series from around the world live on an island off Cartagena, Colombia, where they compete in various party-style challenges to win $150,000.

The Fake Sheikh
Tuesday 26 Sept

Docuseries about journalist Mazher Mahmood, who wrote exposés on royals, sports stars, politicians and celebrities after using false identities to ensnare them, but he was later jailed for conspiring to pervert the course of justice.

Who Killed Jill Dando?
Tuesday 26 September

Docuseries about the high-profile and still unsolved murder of BBC presenter Jill Dando, who was killed on her doorstep in April 1999, aged 37.

The Devil's Plan
Tuesday 26 September

In this Korean reality competition, 12 contestants face off in games of wit and strategy in order to be crowned winner.

The Wonderful Story of Henry Sugar
Wednesday 27 September

Roald Dahl's story about a man who sets out to master an extraordinary skill to cheat at gambling is turned into a short film by Wes Anderson. Ralph Fiennes, Benedict Cumberbatch and Sir Ben Kingsley star. See feature, p17.

This Fool
Wednesday 27 September

Season two of the US comedy. Julio Lopez (Chris Estrada) attempts to better his community in Los Angeles and overcome his co-dependency issues with his family.

Overhaul
Wednesday 27 September

Brazilian action movie. When a truck racer loses everything, he receives a tempting but dangerous offer to work as a getaway driver.

The Kardashians
Thursday 28 September

Season four. Kris Jenner and daughters Kourtney, Kim, Khloé, Kendall and Kylie bring the cameras back into their lives to reveal the pressures of running billion-dollar businesses and the joys of playtime and school drop-offs.

Castlevania: Nocturne
Thursday 28 September

Adult animated spin-off from the *Castlevania* fantasy series. Set in 1792, during the French Revolution, the series follows Richter Belmont as he tries to prevent the rise of a ruthless, power-hungry vampire ruler.

Love Is in the Air
Thursday 28 September

Australian romcom. A seaplane pilot (*Neighbours*' Delta Goodrem), who is fighting to keep her family business in the air, ends up falling for the man sent to close her down.

Forgotten Love
Wed 27 September

Polish drama. A once-respected surgeon, Rafal Wilczur, who's lost his family and his memory gets a chance at redemption when he reconnects with someone from his forgotten past.

Street Flow 2
Wednesday 27 September

Sequel to the 2019 French film. Struggling to overcome cycles of betrayal, revenge and violence, three brothers continue to fight for a better future in a tough Paris suburb.

The Darkness within La Luz del Mundo
Thursday 28 September

Mexican true-crime documentary. Survivors share their stories of how they were abused by leaders at the La Luz del Mundo megachurch.

The Swan
Thursday 28 September

Short film, directed by Wes Anderson, of the Roald Dahl story about a young boy pursued by relentless bullies.

Ice Cold: Murder, Coffee and Jessica Wongso
Thursday 28 September

Documentary about Jessica Wongso, who was found guilty of murdering her best friend Mirna Salihin by giving her Vietnamese iced coffee laced with cyanide in Jakarta in 2016.

Gen V
Friday 29 September

Spin-off from satirical superhero series *The Boys*. Set at America's only college for superheroes, it explores the lives of hormonal 'Supes' as they test their physical, sexual and moral boundaries. See feature, page 14.

Nowhere
Friday 29 September

Spanish thriller. Pregnant, alone and drifting in the sea, a woman called Mia (Anna Castillo) trapped in a shipping container tries to survive after fleeing a devastated totalitarian country.

Power Rangers Cosmic Fury
Friday 29 September

The latest season of the superhero franchise. When Lord Zedd returns more powerful than ever, Team Cosmic Fury set off to save the universe.

Flora and Son
Friday 29 September

Musical comedy drama. Dublin single mum Flora (*Bad Sisters*' Eve Hewson) is at war with her teenage son Max. Encouraged by the police to find a hobby for Max, she rescues an old guitar from a dumpster.

The Rat Catcher
Friday 29 September

Short film, directed by Wes Anderson, of Roald Dahl's story about a ratcatcher who has an unusual way of dealing with rodents. Richard Ayoade, Ralph Fiennes and Rupert Friend star.

Do Not Disturb
Friday 29 September

Turkish comedy. A middle-aged man emerges from a pandemic slump with a new job at a quiet hotel but some eccentric guests turn his first night into a wild adventure.

WORDS: JUDY EWENS. PHOTOS: NETFLIX

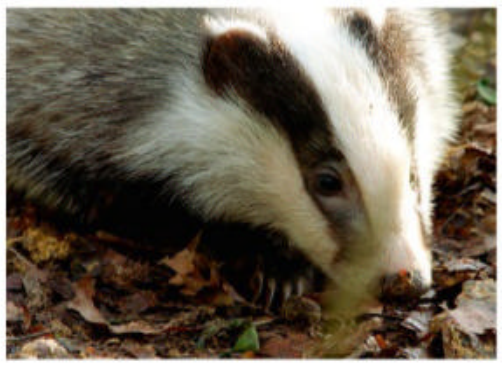
Documentaries

Life is a cabaret

Meet the Brit teaching the cancan at Paris' famous **Moulin Rouge**

Janet Pharaoh

Dancers at the Moulin Rouge



Badgers: Their Secret World

Wed & Thu, 7pm, Channel 5

Steve Backshall reports on the secret lives of one of the UK's most elusive species – the badger. Cameras rigged both in and outside of badger setts across the country reveal the nocturnal creatures' behaviour, while we also get to witness one of the only known wild badger births caught on film.

Hamza: Strictly Birds of Prey

Sunday, 7pm, BBC1

Wildlife presenter and *Strictly* winner Hamza Yassin goes in search of his favourite birds of prey, including hen harriers in the Cairngorms, marsh harriers in Somerset, urban peregrine falcons in west London and white-tailed eagles near his Highlands home.

Musical Masterpieces

Monday, 8pm, Sky Arts

In the first of a new series, Myleene Klass and composer Errollyn Wallen team up to uncover the stories behind some of our favourite and most familiar pieces of classical music, starting with Antonio Vivaldi's *The Four Seasons*. Each work will be given a new performance by a leading UK orchestra – this week, it is Sinfonia Cymru.

WORDS: EMMA BULLIMORE, IAN MACEWAN, ELAINE REILLY. PHOTOS: BBC, C4, CHANNEL 5, GETTY, SKY

NEW FACTUAL

Moulin Rouge: Yes We Can-Can!

Wed, 10pm (times vary), BBC2 (box set, BBC iPlayer)

Yorkshire-born Janet Pharaoh, the artistic director of the renowned Moulin Rouge club in Paris, certainly gets a kick out of her job.

This week, BBC2 cameras follow her as she returns to Leeds to hold auditions for British dancers at the cabaret club known for its cancan show, which originated at the venue.

While the show rarely recruits new talent, the pandemic left the troupe low on numbers, and Pharaoh – who puts on 12 shows a week – knows exactly what she's looking for.

'You need to be a classically trained ballet dancer for the cancan routine as it's all about strength, exuberance and energy,' says Pharaoh, who began her Moulin Rouge career as a dancer. 'It's very demanding aerobically, but you've got to have a big personality, too, and show that exuberance to the public.

ENERGETIC

'You come off the stage winded, wanting someone to open that corset straight away as you head to the water cooler. It's a good workout, but I don't miss doing it.'

Pharaoh learnt to dance as a child, growing up in Yorkshire. She never dreamt she'd end up overseeing the costume and choreography at one of France's best-known venues, and reveals that the cabaret club is actually full of British dancers.

'There has always been a very strong British connection,' she explains. 'The Moulin was opened to provide entertainment for people coming over for the Universal Exposition in 1889, and King Edward VII was a frequent patron. I saw some footage from more than 100 years ago, and if you look at the names of the dancers, they're not French – they have names like Betty!'

As she holds the auditions, Pharaoh is looking for dancers who meet her specific requirements.

'As well as strong classical training, our special niche is tall dancers, who are hard to find. Nobody else wants dancers to be tall, so they often give up on dance school too early,' she explains.

'We spend thousands on the glamorous costumes, so they need to look good in them. Also, our show provides a rare opportunity to see 60 dancers on stage together, so there needs to be harmony within the troupe.'

Scantily clad showgirls might feel a little old-fashioned to some, but Pharaoh says the inclusive glamour of the Moulin Rouge continues to appeal to a wide audience.

'It's because there's no agenda and no particular message – it's just entertainment for everybody,' she says. 'Yes, we have amazing costumes and scenery, but we focus on the dancing and the artists, and it provides enduring entertainment.'

Live: Harvest on the Farm

Tuesday-Friday, 8pm, Channel 5

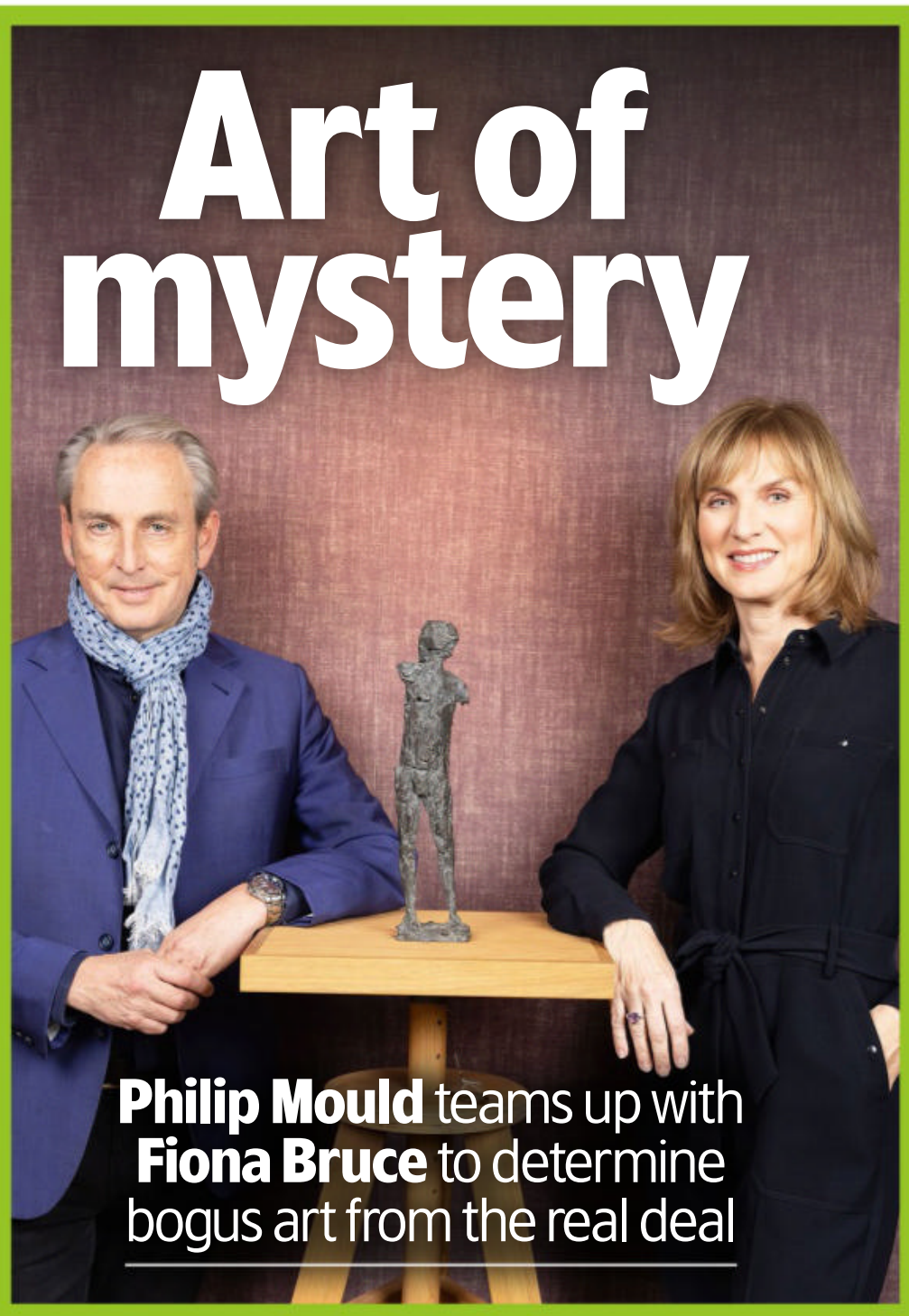
Helen Skelton and Jules Hudson celebrate the harvest season live from Barleylands Farm Park in Billericay, Essex. Farm regular JB Gill will be foraging for blackcurrants, chef Tim Bilton cooks up some harvest dishes, and Rob and Dave Nicholson will have updates from Cannon Hall Farm.

A Royal Guide to...

Saturday, 7.35pm, C4

The series about royal protocols returns for a second run, starting with a look at how young royals are raised, from their nannies who are trained in specialist skills such as first aid, self-defence and 'evasive driving' to the exclusive boarding schools steeped in centuries-old traditions that they attend.

Art of mystery



Philip Mould teams up with **Fiona Bruce** to determine bogus art from the real deal

NEW FACTUAL

Fake or Fortune?

Tuesday, 8pm (Wales, BBC2), BBC1

Good old-fashioned detective work, the latest scientific techniques and fascinating art history are in the frame again this week as *Fake or Fortune?* returns with a new four-part series.

In the opening episode, Fiona Bruce and Philip Mould are on a mission to determine whether a bronze figure could be one of a collection made by celebrated 20th-century English sculptor Elisabeth Frink.

When the striking bronze statue caught Amanda Kirke's eye at a car boot sale in Essex, she had a feeling it might be something special. After shelling out £90, Kirke searched its 'Frink' signature online and found the post-war artist made 10 similar 'small warrior' sculptures – with David Bowie once owning one.

Now, Kirke has turned to art expert Mould and *Question Time*'s Bruce, hoping they can cast a light on whether she's the owner of a rare period piece or an impostor.

'It could be worth £60,000 but if not, it's £10 in scrap metal,' says Mould, who later in the series tries to prove the provenance of a possible Joshua Reynolds painting, impressionist sketches, and an alleged Arshile Gorky work.

MOMENT OF TRUTH

Meanwhile, there are tense scenes as Mould and Bruce put Kirke's case to an authentication committee.

'You never know how it's going to go because the decision is made by others,' says Mould, 63. 'I hate that end bit, particularly if I think it's going to be bad news – I prefer Fiona to deliver it!'

Not that the experts always get it right, as Mould points out.

'Genuine things do slip through the net. It happened with a painting by Winston Churchill,' he says. 'We proved every single aspect of it, yet the experts still turned it down. But we rectified that when we found a photograph of Churchill standing in front of the actual painting – it was an absolute, "Gotcha!"'

Sculptor Elisabeth Frink

Films *Our Pick of*

MARCEL
the Shell with Shoes On

An utterly captivating tale about a lovable talking shell and his adventures

PREMIERE OF THE WEEK

Eye for fun: Marcel

ANIMATION

Saturday, 10.05am & 3.50pm, Sky Premiere ★★★★

Some premises seem tailor-made to raise red flags about potentially cloying levels of whimsy. A largely stop-motion-animated mock-documentary centred on sentient shells could so easily be cutesy landfill. That *Marcel the Shell with Shoes On* in fact excels, sidestepping mawkishness, is testament to the skill of director Dean Fleischer Camp and co-writers Nick Paley and Jenny Slate (who also voices the title character).

Living discreetly in an LA house with grandma Connie (Isabella Rossellini, giving a beautifully pitched vocal turn), our one-inch-tall hero uses MacGyver-worthy techniques to obtain resources out of sight of humans. But when documentarian Dean (Fleischer Camp) discovers the pair during an Airbnb stay, the short film he posts online goes viral…

Marcel's newfound fame puts added stress on the ailing Connie. But the upside is that it presents an avenue for reuniting him with his former thriving community, which vanished in a mysterious tragedy.

Shrewdly taking cues from *Toy Story*, the film-makers avoid over-explaining the logistics of the shells' existence. They also emulate the Pixar classic's tricky balancing act with great success, mixing observational comedy with genuinely moving insights into connection, impermanence and self-determination.

2021, PG, 90MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY, JOSH SLATER-WILLIAMS

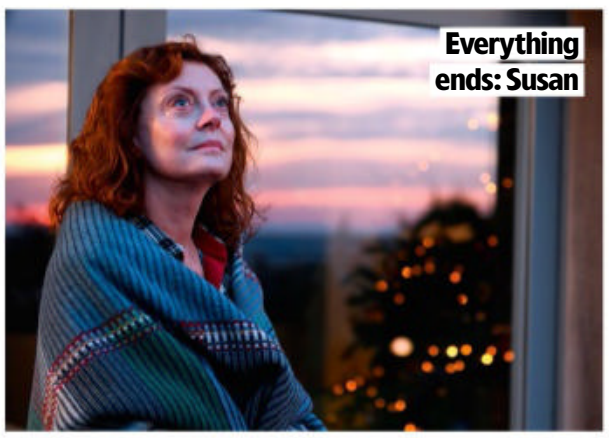
the Week's Best Films

DRAMA

Blackbird

Tuesday, 9pm, Film4 ★★★★

A fraught gathering lies in store when Susan Sarandon's Lily invites her family for the weekend at the beautiful beach house she shares with her husband, Paul (Sam Neill). Terminally ill with motor neurone disease, architect Lily has decided to end her life and wishes to bid her loved ones farewell. Those assembled – including Lily and Paul's chalk-and-cheese daughters, finicky Jennifer (Kate Winslet) and flighty Anna (Mia Wasikowska), and their partners, and Lily's lifelong friend Liz (Lindsay Duncan) – react in different ways, stirring up long-running tensions. *Notting Hill* director Roger Michell's US remake of the 2014 Danish film *Silent Heart* is an elegant, well-acted ensemble drama that is as stylish and tasteful as Lily's home. 2019, 15, 98MIN



Everything ends: Susan

Crashing: Nika and Nora-Jane

PREMIERE

DRAMA

Wildfire

Thursday, 11.50pm, Film4 ★★★★

Nora-Jane Noone and Nika McGuigan are blazingly good in this compelling drama about the intense bond between two Irish sisters haunted by family tragedy and mental illness, and by the dark legacy of the Troubles. The married Lauren (Noone) is outwardly the more stable and settled of the pair, but the return of her troubled homeless sister Kelly (McGuigan), missing for a year, reawakens their shared demons. Writer-director Cathy Brady's debut feature film mines tension from its setting on the historically fraught border between Northern Ireland and the Republic, but most of its power comes from its stars' electrifying chemistry – at its most potent when the sisters dance in a bar frequented by an unrepentant IRA bomber. Sadly, McGuigan, daughter of boxer Barry McGuigan, died from cancer shortly after completing the film. 2020, 15, 85MIN

SCI-FI ACTION

65

Friday, 12noon & 8pm, Sky Premiere ★★

An alien craft crashes on Earth 65million years ago and it's inhabitant (Adam Driver) races to find a way home while at the same time avoid being a snack for a variety of dinosaurs. What should have been an entertaining romp is a dreary slog – not outright bad as much as too by-the-numbers, making for a pedestrian experience. Although he isn't given the ammunition within the script to flesh out his character, Driver makes for a fine action hero, though, and the prehistoric beats are rendered with considerable skill. It's just not very exciting. 2023, 12, 93MIN

PREMIERE

Monster problem: Adam

PREMIERE

Intimate: Cooper and Jose

THRILLER

Swallowed

Sunday, 11.05pm, Sky Premiere ★★

Wannabe gay porn star Cooper Koch and best friend Jose Colon become embroiled in a grim drug smuggling operation that goes horribly wrong over the course of a single night. Jena Malone also stars as the pair's 'handler' and steals the movie from under the noses of the leads. This thriller contains some particularly gross scenes, but they are intimated rather than shown in what ends up being a weirdly underwhelming movie. There's the kernel of a sharp, brutal, indie thriller within this, but too many of the most interesting threads are not followed through. Close, but no cigar. 2022, 18, 96MIN

FilmFinder The best of the week at a glance

Drama

Philadelphia
Mon, 1.05pm, Sky Directors ★★★★
Tom Hanks plays a gay lawyer who believes he's been sacked as he has AIDS, so hires Denzel Washington's attorney to get justice. The issues are well handled in this rousing drama. 1993, 12, 122MIN

Spotlight
Tue, 11.55am, Sky Drama ★★★★★
A riveting drama about the dogged Boston reporters who exposed the Roman Catholic Church's cover-up of child sex abuse. Mark Ruffalo, Michael Keaton and Rachel McAdams star. 2015, 15, 129MIN

Dallas Buyers Club
Wed, 10.05pm, Sky Drama ★★★★
Matthew McConaughey is on top form in this fact-based drama. It's 1985 and he learns he has AIDS, so sets up a 'club' selling life-extending but unlicensed drugs to fellow sufferers. 2013, 15, 117MIN

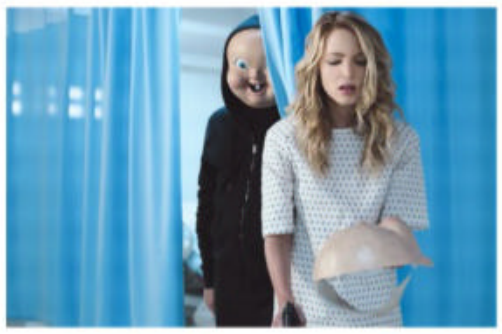
Erin Brockovich
Fri, 9.35am, Sky Drama ★★★★
Julia Roberts grabs one of her best roles as real-life single mum Erin who gets a job with Albert Finney's law firm and uncovers a major case involving a corporation and contaminated water. 2000, 15, 133MIN

Horror

Day Shift
On demand, Netflix ★★★
Vampire hunter Jamie Foxx and by-the-book union rep Dave Franco team up in a sunny LA where the undead roam. The stars are a hoot and the knockabout action delivers gory thrills. 2022, 18, 113MIN

Warm Bodies
Tuesday, 7.05pm, AMC ★★★★
Girl meets monster in this quirky rom-zom-com, which stars Nicholas Hoult as a soulful zombie and Teresa Palmer as the human object of his tongue-tied, angst-ridden affection. 2013, 12, 98MIN

Bodies Bodies Bodies
Friday, 4pm, Sky Dystopia ★★★★
Amandla Stenberg heads the cast of this riotous comedy slasher that brims with waspish dialogue. The parlour game of the title turns deadly for a quintet of Gen Z-ers during a hurricane. 2022, 15, 94MIN



Happy Death Day 2U
Friday, 12.05am, C4 ★★★★
This quirky and inventive sequel sets out to explain why luckless Jessica Rothe has been dying over and over; she's caught in a time loop! There are twists and blackly funny deaths to enjoy. 2019, 15, 98MIN

Mystery

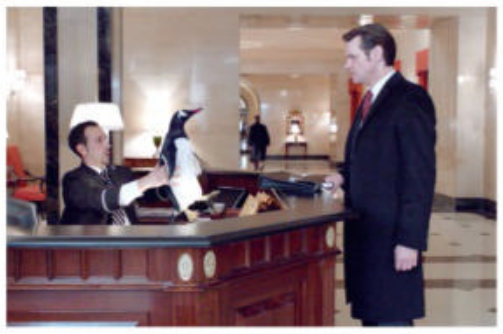
Glass Onion
On demand, Netflix ★★★★
Daniel Craig's sleuth arrives on Edward Norton's island for a murder-mystery game, which turns real... Everyone has a ball in Rian Johnson's ingenious, twisty second *Knives Out* mystery. 2022, 12, 140MIN

Nancy Drew and the Hidden Staircase
Monday, 5.55pm, Sky Family ★★★
Taking a 1930 Nancy Drew novel as its template, this reboot for the teen sleuth (played delightfully by Sophia Lillis) is a jolly, engaging romp. 2019, PG, 89MIN

EDITOR'S CHOICE

Murder on the Orient Express
Sunday, 9pm, C4 ★★★
Kenneth Branagh directs and stars as Hercule Poirot, whose little grey cells get to work when Johnny Depp is killed aboard the famous train. It's a glossy if pedestrian telling of Agatha Christie's tale, but the cast is a joy, with Judi Dench, Olivia Colman, Michelle Pfeiffer and Willem Dafoe among the suspects. Branagh's third Poirot movie, *A Haunting in Venice*, is in cinemas now. 2017, 12, 114MIN

Comedy



Mr Popper's Penguins
Saturday, 2.45pm, Film4 ★★★
Divorced dad Jim Carrey's life turns upside down after he inherits six penguins. An endearing movie with funny slapstick, courtesy of Carrey's clowning and the CGI-enhanced action. 2011, PG, 94MIN

Mrs Doubtfire
Sunday, 6.35pm, Film4 ★★★★
Robin Williams is hilarious in a dream role as a divorced husband who disguises himself as a Scottish housekeeper to be near to his three children and ex-wife (Sally Field). 1993, PG, 125MIN

Paper Moon
Friday, 7.45am, Sky Greats ★★★★
Real-life father and daughter Ryan and Tatum O'Neal are brilliant as a conman and the nine-year-old girl entrusted to his care on a jokey journey across the Depression-era US. 1973, PG, 100MIN

Groundhog Day
Friday, 9.55pm, Sky Cinema Comedy ★★★★★
This exceptional comedy stars Bill Murray in one of his best roles as a cynical TV weatherman forced to relive the same day over and over. 1993, PG, 103MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 23 September

BIOPIC

A Million Miles Away

On demand, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

In this inspirational true-story drama, Michael Peña stars as José Hernández, a Mexican-American farm worker who overcame astronomical odds to become a NASA astronaut. Despite his tenacious drive and determination – and the support of his wife (Rosa Salazar) – it is a goal that appears impossibly out of reach. Spanning 1969 to 2009, the film follows a routine biopic trajectory of setbacks and triumphs. Its repetitive structure and slow pace are hindrances, but Peña and Salazar make appealing leads. 2023, PG, 121MIN

Aiming high: Rosa and Michael

ANIMATION

Megamind

1.40pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This superhero spoof movie from DreamWorks has it all: bright and clever animation, a smashing story, lots of laughs and exciting action, and terrific characters. Will Ferrell is splendid as the voice of alien supervillain Megamind who, having defeated his lifelong nemesis, the heroic Metro Man (Brad Pitt), is casting about for a new dastardly purpose in life. Tina Fey adds an extra layer of fun as a wisecracking reporter in peril. 2010, PG, 96MIN

MUSICAL

West Side Story

3.25pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This adaptation of the Leonard Bernstein-Stephen Sondheim musical did a famous sweep of the Oscars, picking up 10 awards. The plot is essentially *Romeo and Juliet* transferred to the mean streets of New York, with Natalie Wood and Richard Beymer playing the young lovers and the Montagues and Capulets transformed into the Jets and Sharks street gangs. The film might lack real grit, but just feel the energy of the dance sequences. 1961, PG, 152MIN

ACTION COMEDY

Kingsman: The Secret Service

9.35pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This cocky James Bond pastiche fizzes with tongue-in-cheek humour and larky ultra-violence. Brace yourself as Colin Firth's urbane toff transforms Taron Egerton's swaggering hoodie into a debonair agent for the Kingsman secret service in time to foil Samuel L Jackson's bad guy. Michael Caine and Mark Strong provide entertaining support and Sofia Boutella's lethal henchwoman is a cut above, too. 2015, 15, 129MIN

HORROR COMEDY

The Lost Boys

11.45pm, BBC1 (12.45am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Kiefer Sutherland heads the great young cast in this winning horror comedy. Dianne Wiest and her sons (Jason Patric and Corey Haim) move to a small seaside town, where Sutherland and his fanged gang may be responsible for the fact it's the 'murder capital of the world'. Corey Feldman has his stake at the ready for the heart-stabbing climax. 1987, 15, 98MIN

Full listings start on p35

Sunday 24 September

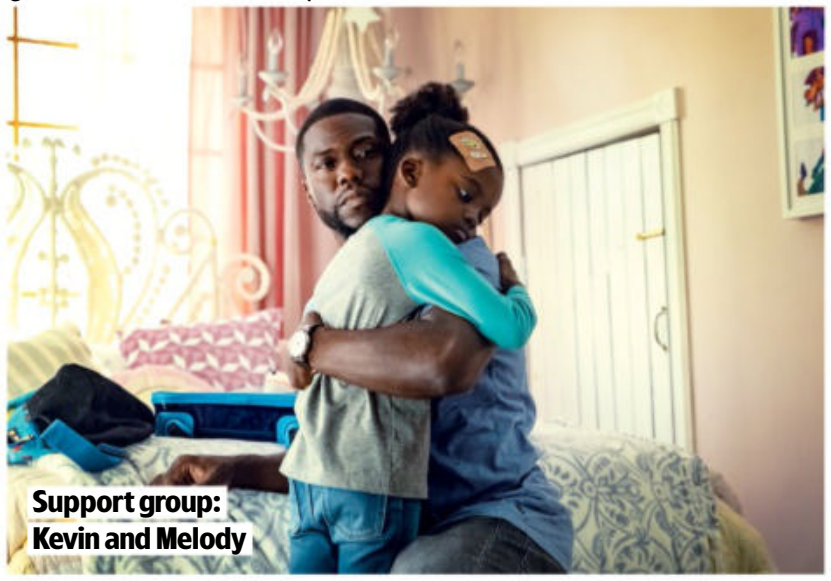
COMEDY DRAMA

Fatherhood

1.10am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

The joy of being a new dad comes crashing down for Kevin Hart's Matt Logelin when his wife dies after giving birth to their daughter. Based on a true story, this more-drama-than-comedy follows a familiar trail as Matt flounders then finds his feet. Though sentimental, the film has some good points to make and Hart, dialling down his usual loud-mouth act, is rather good, building up a lovely relationship with Melody Hurd as his daughter, while Alfre Woodard is also good value as his bossy mother-in-law. 2021, 12, 109MIN



Support group: Kevin and Melody

COMEDY

The Shop Around the Corner

12.30pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This delicate piece of romantic whimsy stars James Stewart as a shop assistant and Margaret Sullavan as a new salesperson who he doesn't get on with. The crucial plot complication is that neither realises they're lovestruck pen pals. First rate fluff, the story was remade in 1949 as the Judy Garland musical *In the Good Old Summertime* and in 1988 for Meg Ryan and Tom Hanks' *You've Got Mail*. 1940, U, 97MIN

FAMILY

Pokémon: Detective Pikachu

3pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

This engaging videogame spin-off weaves together live action and animation as frazzled nerd Justice Smith teams up with his detective father's Pokémon ex-partner, Pikachu (voiced by Ryan Reynolds), to investigate his dad's reported death. Even if the ensuing mystery is more silly than gripping, Reynolds' wisecracking, comically incongruous Pikachu holds it all together. 2019, PG, 104MIN

CAPER

Ocean's Eleven

4.15pm, Channel 5 ★★★★

Sex ●●● Violence ●●● Language ●●●

Ex-con Danny Ocean (George Clooney) has a crazy plan to rob three Las Vegas casinos in director Steven Soderbergh's cheeky remake of the 1960 film. Brad Pitt, Carl Reiner, Elliott Gould, Matt Damon and Don Cheadle make up the crack team, while Andy Garcia owns the targeted casinos and also happens to be dating Danny's ex-wife (Julia Roberts). An impressive crime caper that's very pacy, very cool and lots of fun. 2001, 12, 116MIN

DRAMA

Loving

11.50pm, BBC1 (12.50am Scotland) ★★★★

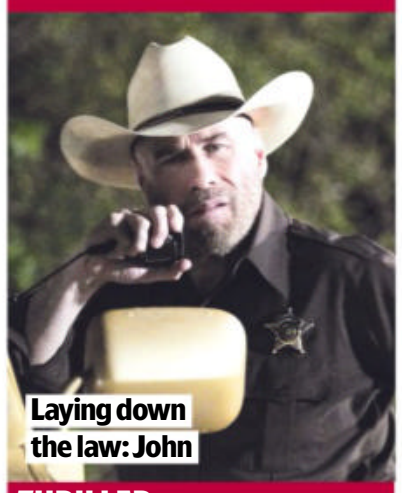
Sex ●●● Violence ●●● Language ●●●

A stirring drama based on the true story of Richard and Mildred Loving (Joel Edgerton and Ruth Negga). White Richard and black Mildred marry in 1958 Virginia, but are arrested and move to Washington DC. However, homesickness forces them to embark on a legal battle that goes to the Supreme Court and a landmark civil rights victory in 1967. 2016, 12, 123MIN

Full listings start on p45

PAY-PER-VIEW PREMIERES

The pick of the week's films on Sky, Virgin and other platforms



Laying down the law: John

THRILLER

Mob Land

From Monday ★★★

Sex ●●● Violence ●●● Language ●●●

An ill-advised robbery spells doom for all concerned in writer-director Nicholas Maggio's impressive debut. Shiloh Fernandez and Kevin Dillon are small-town crooks without a chance, Stephen Dorff is a philosophically inclined killer and the seen-it-all-before sheriff is played by John Travolta. The second half loses momentum, but the strong performances and handsome cinematography mark out Maggio as one to watch. 2023, 15, 111MIN

Sea-ing life: Ruby and co

ANIMATION

Ruby Gillman, Teenage Kraken

From Monday ★★★

Sex ●●● Violence ●●● Language ●●●

After jumping into the sea to save a boy from drowning, insecure Ruby (voiced by Lana Condor) discovers that she's a kraken – a huge, tentacled sea beast with bioluminescent skin and laser eyes. Turns out Ruby's mum (Toni Collette) has been hiding her brood on land to prevent them being sucked into an 'interspecies vendetta' with their enemies, mermaids, who are eager to get their hands on a fabled trident that decrees who rules both above and below the waves. Until a tiresome showdown finale, there's a lot to enjoy here, not least the genuine wit and the invertebrate protagonists' elasticity. 2023, PG, 91MIN

Weekday movies over page

Weekday movies

Monday 25 September

COMEDY DRAMA

A Man Called Otto

4.05pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Curmudgeonly retired widower Otto (Tom Hanks) calls everyone 'nitwits' and is suicidal after the death of his wife. But his attempts to end his life keep being interrupted and, gradually, he finds crumbs to live for, including looking after a stray cat. Some elements jar in this Hollywood remake of Fredrik Backman's Swedish bestseller *A Man Called Ove*, notably the glib treatment of mental health, but director Marc Forster knows how to pluck at the heartstrings and Hanks, as always, is good value. 2022, 15, 126MIN

Rescue mission: Tom

ADVENTURE

Fantastic Beasts and Where to Find Them

8.20am, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

This first screen adventure for JK Rowling's wizard Newt Scamander (Eddie Redmayne) sees him in 1926 New York. It all kicks off in fine style when Newt's magical creatures break loose from his suitcase just as a dark magical force makes its presence felt. Redmayne has bags of beguiling, diffident charm and Katherine Waterston, Dan Fogler, Colin Farrell and Ezra Miller also do well. 2016, 12, 133MIN

DRAMA

A United Kingdom

11.15pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

This handsome period piece tells a fascinating true story of 1940s race relations. Seretse Khama (David Oyelowo), crown prince of Bechuanaland (modern Botswana), marries London office worker Ruth Williams (Rosamund Pike) in the face of fierce opposition from their families and respective governments. Though it's a smoothed-out version of events, the stars' warmth makes us cheer for them. 2016, 12, 111MIN

THRILLER

Before I Go to Sleep

11pm, BBC1
(11.40pm N Ireland) ★★★

Sex ●●● Violence ●●● Language ●●●

Nicole Kidman wakes each day with no memory of the last 14 years, leaving husband Colin Firth to explain everything. Mark Strong is a neurosurgeon whose gift of a camera helps her to piece her past together. But the more she discovers, the more scared she becomes – and who can she trust? Kidman's disorienting plight is chilling, but the plot's twists are too predictable for the film to grip as it should. 2014, 15, 92MIN

THRILLER

The Girl on the Train

1.45am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Drunken divorcee Emily Blunt is still reeling from the break-up of her marriage when she's sent into a befuddled tailspin over the disappearance of a woman (Haley Bennett). This neat adaptation of Paula Hawkins' bestseller, set in New York rather than the UK, gets a great performance from Blunt and the film does a fine job of keeping us guessing. 2016, 15, 116MIN

■ Full listings start on p55

Tuesday 26 September

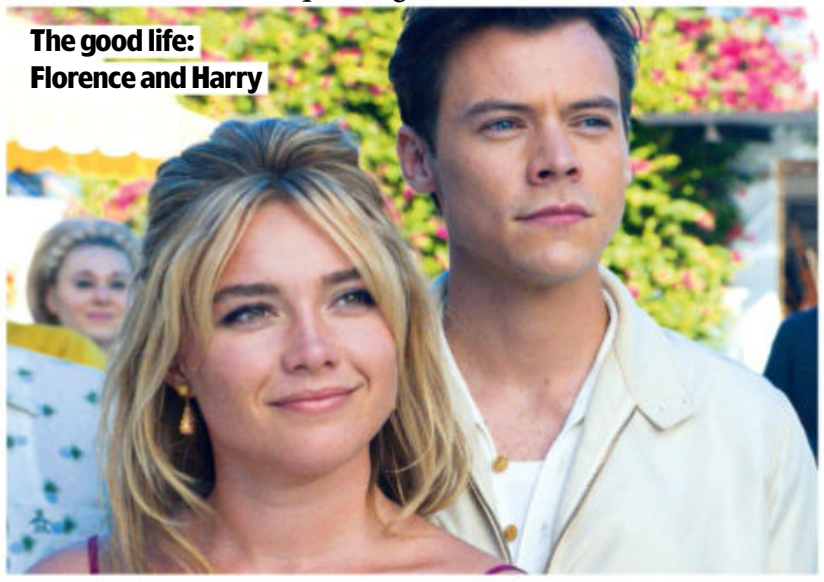
SCI-FI MYSTERY

Don't Worry Darling

3.55pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

Florence Pugh and Harry Styles play a husband and wife who lead a seemingly idyllic life in Chris Pine's too-good-to-be-true utopian 1950s desert town of Victory. While the men go off to work, the women cook, clean and gossip. Is all as it seems? Of course not! But when Pugh starts to question the status quo, things take a very dark turn… Director Olivia Wilde deftly drops hints and clues as to what's really going on and, even if it doesn't all add up to much, it is a neat, disquieting thriller. 2022, 15, 118MIN



The good life: Florence and Harry

CLASSIC

Bride of Frankenstein

11am, Legend ★★★★★

Sex ●●● Violence ●●● Language ●●●

Frankenstein creates a bride for his monster, with tragic results, in James Whale's masterful horror classic that tells its story briskly, with fluid camerawork, elegant settings and clever lighting. Boris Karloff is superb as the monster and there are moving moments when he befriends a blind hermit and is chained up for the townsfolk to ogle. Colin Clive is Frankenstein and Elsa Lanchester the iconic bride. 1935, PG, 72MIN

ACTION

Desperado

11pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Mysterious stranger Antonio Banderas keeps a set of guns in his guitar case, shoots with a pistol in each hand and goes after a Mexican Mr Big. Robert Rodriguez's thriller, a remake of his 1993 film, *El Mariachi*, is all shallow style and little substance. But it entertains, Salma Hayek, Quentin Tarantino, Cheech Marin and Steve Buscemi liven things up and the athletic action scenes are suitably over the top. 1995, 18, 105MIN

COMEDY

Ghostbusters

6.20pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Bridesmaids co-stars Kristen Wiig and Melissa McCarthy give 1984's supernatural comedy an enjoyably goofy, girl-power reboot. The new team comprises Wiig's tightly buttoned-up university physicist, McCarthy's ghost buff, Kate McKinnon's geeky tech genius and Leslie Jones' subway worker, plus their secretary (a hilarious Chris Hemsworth). The CGI effects threaten to swamp the stars, but mostly this is genial fun. 2016, 12, 116MIN

ACTION

The Raid

2.25am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Made by the unlikely duo of Welsh director Gareth Huw Evans and Indonesian martial artist Iko Uwais, this exciting and brutal action thriller locks you in a vice-like grip. The plot is simple: an elite police team, including Uwais' rookie, tries to nab a Jakarta drug lord in a dawn assault on a 15-storey slum tenement that is packed with thugs and killers. Subtitled. 2011, 18, 101MIN

■ Full listings start on p65

Wednesday

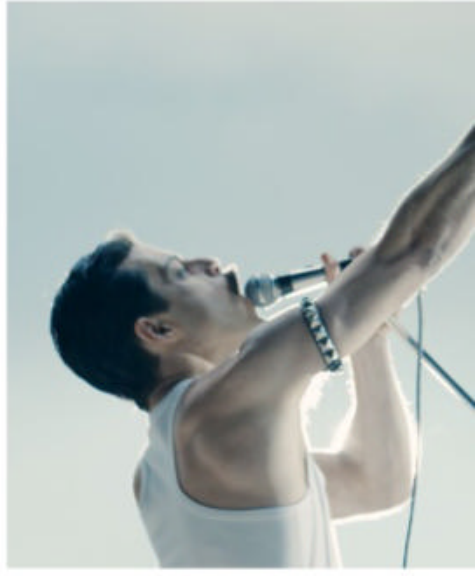
BIOPIC

Bohemian Rhapsody

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

An Oscar-winning Rami Malek looks and moves the part as Freddie Mercury, the legendary frontman of rock gods Queen, in this rousing biopic chronicling the years leading up to the band's



WESTERN

Old Henry

7.10am, Sky Antiheroes ★★★★

Sex ●●● Violence ●●● Language ●●●

Tim Blake Nelson is superb as Henry, a lonely Oklahoma pig farmer who, along with his son (Gavin Lewis), takes in an injured man (Scott Haze) who's carrying a satchel of cash, only to face a posse led by Stephen Dorff's supposed lawman. Tensions steadily escalate with engrossing performances and a cleverly executed twist as writer-director Potsy Ponciroli builds towards a climactic showdown. 2021, 15, 99MIN

BIOPIC

Tucker: The Man and His Dream

5.05pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

With his heart set on conquering the post-war US motor industry, young businessman Preston Tucker (Jeff Bridges, excellent) looks all set to achieve his dream with his revolutionary car. But big business conspires to crush him... Though its pace is on the stately side, this is a gripping biopic directed by Francis Ford Coppola (who owns one of the 50-odd Tuckers that were made). 1988, PG, 107MIN

27 September

triumphant 1985 Live Aid performance at Wembley Stadium. Unashamedly corny in places, and not a little clunky in others, the movie gets things absolutely right where it matters the most – capturing the electrifying excitement of the band's music and in Malek's supercharged turn of stage-strutting glory. 2018, 12, 134MIN

Mercury rising: Rami

DRAMA

Monster's Ball

6pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

An aura of coiled aggression underlies the calm surface of this small-town drama about the relationship that flowers between a racist prison guard (Billy Bob Thornton) and an executed man's widow (Halle Berry). When this tension is finally released, the effect is devastating. Oscar-winning Berry is mesmerising and Thornton broods impressively as a man struggling with his own tragedy. 2002, 15, 111 MIN

SCI-FI HORROR

Nope

8pm, Sky Dystopia ★★★★

Sex ●●● Violence ●●● Language ●●●

For generations, Daniel Kaluuya and sister Keke Palmer's family has provided well-wrangled horses to Hollywood. However, something very odd and extremely scary is happening in the isolated gulch that they inhabit – so they set out to record it... Writer-director Jordan Peele's shrewd melding of genres is full of wonderment, dread and surprises. 2022, 15, 130MIN

■ Full listings start on p75

Thursday 28 September

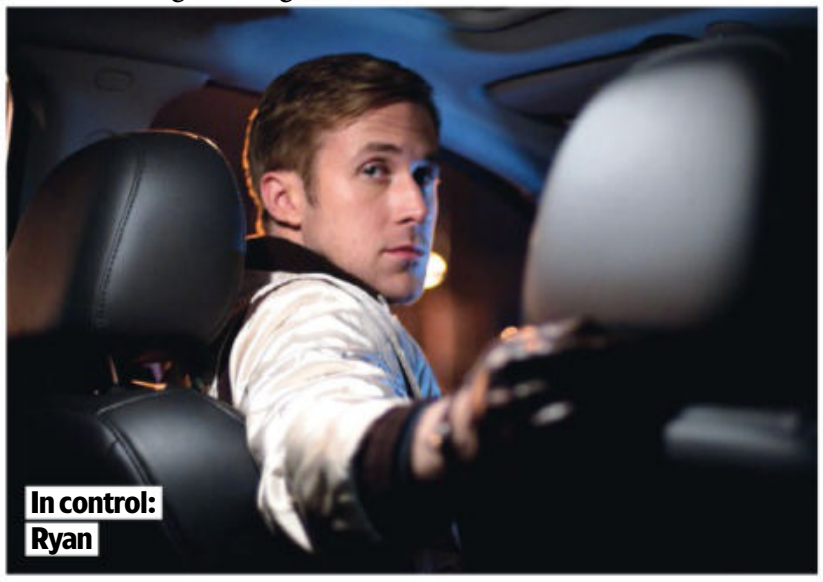
THRILLER

Drive

11.20pm, GREAT! movies ★★★★★

Sex ●●● Violence ●●● Language ●●●

Oozing attitude and charisma, Ryan Gosling is compelling as the nameless hero at the wheel of this terrific thriller. He plays a Hollywood stunt driver who moonlights as a getaway driver. He is very much a lone wolf until he befriends his vulnerable neighbour (Carey Mulligan), a young mother whose husband is in prison. But his efforts to help her lead him into taking part in a blood-soaked heist, with fateful consequences. This stylish, mesmerising – and very violent – thriller lingers long in the mind. 2011, 18, 100MIN


In control: Ryan

CLASSIC

Chinatown

8pm, Sky Antiheroes ★★★★★

Sex ●●● Violence ●●● Language ●●●

A near seamless film noir from Roman Polanski that grips both as a romantic thriller and a political drama. Jack Nicholson is brilliant as LA private eye Jake Gittes, whose attempts to uncover corruption in high places leads him to some nasty discoveries. Screenwriter Robert Towne berated Polanski for changing the script's happy ending, before acknowledging the director's cynical conclusion as far superior. 1974, 15, 131 MIN

CLASSIC

Psycho

9pm, BBC4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

After stealing her boss's cash, Janet Leigh checks into the Bates Motel, where Anthony Perkins' room service leaves a lot to be desired. Hitchcock's famous chiller has its fair share of black humour, and the sheer ferocity of the infamous shower scene has lost none of its power. Condemned on its release for being lurid and disgusting, this is now regarded as one of the greatest horror films of all time. Also on BBC2 Sun at 11.30pm. 1960, 15, 109MIN

HORROR

30 Days of Night

10.45pm, HorrorXtra ★★★★

Sex ●●● Violence ●●● Language ●●●

For 30 days a year there's no daylight in the remote Alaskan town of Barrow. Ideal conditions, then, for Danny Huston's bloodthirsty vampires to run amok. Intrepid sheriff Josh Hartnett and his estranged wife Melissa George try to ensure the monsters don't have things all their own way, while creepy Ben Foster is also hanging around in this astonishing-looking, imaginatively grisly horror. 2007, 18, 113MIN

CRIME COMEDY

Pixie

1.05am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This fresh-feeling Irish comedy caper stars Olivia Cooke as Sligo schemer Pixie, who takes up with best mates Ben Hardy and Daryl McCormack when they acquire a stash of MDMA and a dead body. It's no great shakes, but director Barnaby Thompson keeps things brisk and breezy. And cameos from Dylan Moran (drug kingpin) and Alec Baldwin (gangster priest) raise a smile. 2020, 15, 93MIN

■ Full listings start on p85

Friday 29 September

HORROR

His House

12.05am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Following a traumatic journey from war-torn South Sudan to Britain, husband-and-wife refugees Bol and Rial (Sope Dirisu and Wunmi Mosaku) are sent to live on a bleak estate. Still haunted by their past experiences, they find even more shocks lurking underneath the peeling wallpaper of their crumbling new house… Delivering jolting jump-out-of-your-skin scares, director Remi Weekes' impressive debut works both as a haunted house chiller and sharp political allegory. 2020, 15, 93MIN

Safe as houses: Winmi and Sope

DRAMA

Let Him Go

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

This sombre 1960s-set drama stars Diane Lane and Kevin Costner who, after the death of their son, share their house with his widow (Kayli Carter) and boy. But when she meets an abusive partner, the couple are determined to secure the safety of their beloved grandson. The first half is full of foreboding, but as more characters appear, including a larger-than-life Lesley Manville, violence overtakes nuance. 2020, 15, 103MIN

COMEDY

There's Something About Mary

9pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This gross-out comedy from Peter and Bobby Farrelly is hilarious with a surprisingly sweet heart. Ben Stiller is ideal as a geek who is still stuck on his high-school dream girl (Cameron Diaz), so hires seedy private eye Matt Dillon to find her. But Dillon falls for her and there's also her pal Lee Evans to deal with. The hair gel sequence and Stiller getting caught in his zip are among the highlights. 1998, 15, 119MIN

BIOPIC

Raging Bull

11.15pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A raw, open wound of a film, this is possibly Martin Scorsese's finest hour and Oscar-winning Robert De Niro (famously gaining 60lb to play the role) has rarely been better. It is a dark, relentless depiction of the downward slide of middleweight boxing champ Jake La Motta from trim, arrogant contender in 1941 to bloated, pathetic comedian in 1964. Not easy viewing, but this is a contender for best film of the 1980s. 1980, 15, 119MIN

THRILLER

Blood Simple

1.55am, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The Coen brothers, Joel and Ethan, make a stunning impact with their first film, taking the film noir elements of adulterous lovers (John Getz and Frances McDormand, also making her debut), vengeful husband and corruptible private eye, and whirling them thrillingly through a labyrinthine plot. M Emmet Walsh is brilliant as the seedy gumshoe whose perfect crime turns sour. 1983, 15, 99MIN

■ Full listings start on p95

Sport week

Your ultimate guide to the week's live action

THE MAIN EVENT

Ryder Cup

Can **Rory McIlroy** inspire Europe to victory in Rome?

LIVE GOLF

From Friday, Sky Sports Golf & Sky Sports Main Event

Europe's best golfers will attempt to regain the Ryder Cup from the USA this week as Italy stages the tournament for the first time.

The USA were decisive winners last time out, dishing out a 19-9 thrashing at Whistling Straits in 2021, and the holders have a formidable team once again, with Open champion Brian Harman, US Open winner Wyndham Clark, and PGA Championship holder Brooks Koepka in their ranks.

But the USA have not won on European soil for 30 years, and Europe have potential heroes in Ryder Cup stalwart Rory McIlroy, Masters champion Jon Rahm and FedEx Cup winner Viktor Hovland. Europe's record points scorer Sergio García is not eligible for selection following his switch to the Saudi-backed LIV Golf series.

As usual, the three-day match-play contest begins with four foursomes and four four-balls on both Friday and Saturday before 12 singles matches on Sunday. With a total of 28 points available, Europe need 14½ to win the Cup, while USA need 14 points to retain the trophy.

Here's your guide to the action...

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY

THE COURSE

For the very first time, the Ryder Cup heads to Italy. The Marco Simone Golf & Country Club lies on the outskirts of Rome, with views towards the city, and has been redesigned for the event. The course is 7,268 yards and includes a massive par-5 18th hole, with water left of the green, which could see a few dunkings in the winners' celebrations.

The Marco Simone Golf & Country Club

TEAM EUROPE

With six Ryder Cups under his belt, Northern Ireland's Rory McIlroy will bring huge experience to a side that includes four Englishmen – Tyrrell Hatton, Matt Fitzpatrick, Justin Rose and Tommy Fleetwood – plus Jon Rahm (Spain), Viktor Hovland (Norway), Robert MacIntyre (Scotland), Ludvig Åberg (Sweden), Sepp Straka (Austria), Shane Lowry (Ireland) and Nicolai Højgaard (Denmark).

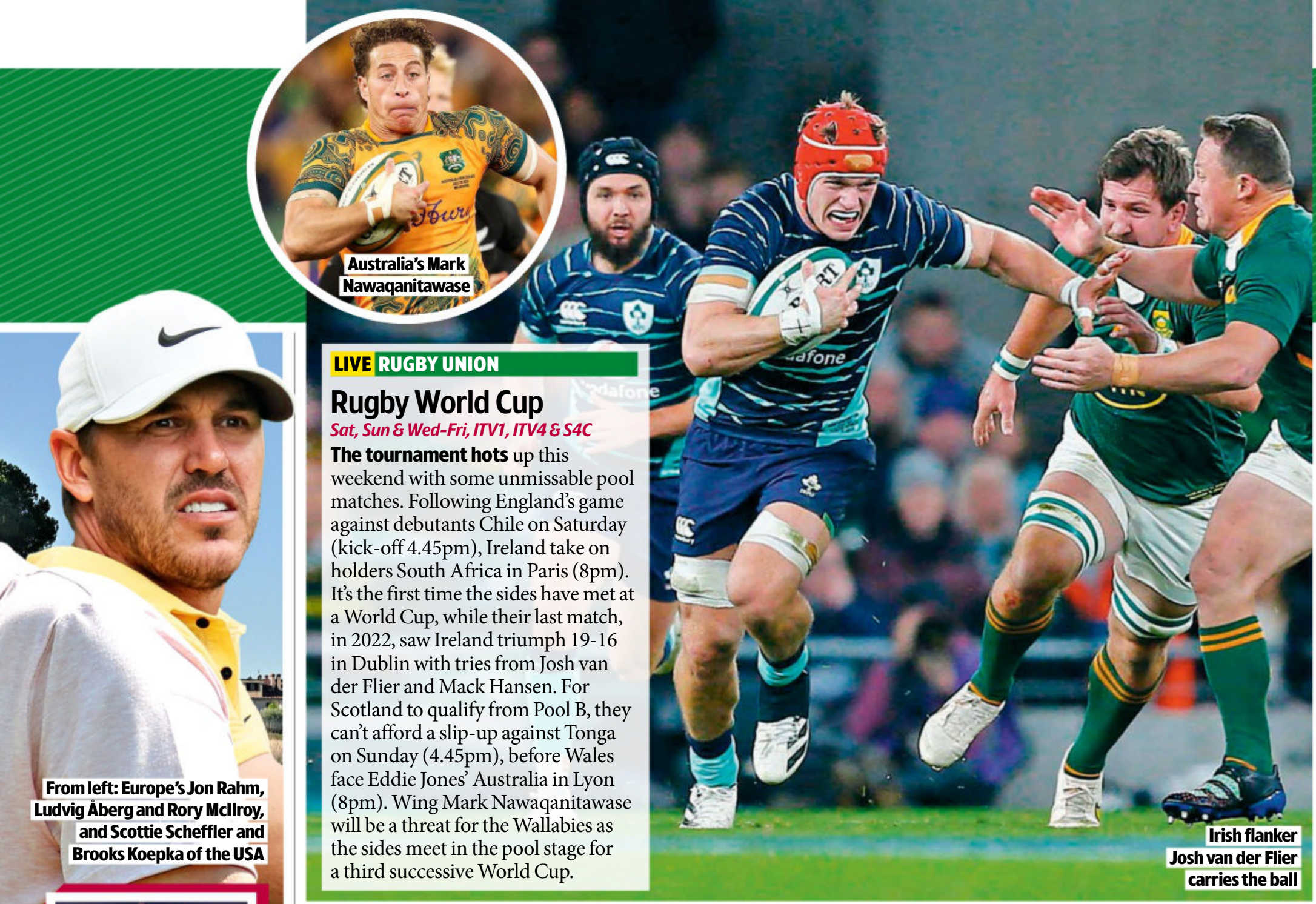
Viktor Hovland

TEAM USA

Open champion Brian Harman makes his debut, alongside other new faces Wyndham Clark, Max Homa and Sam Burns. Scottie Scheffler, Xander Schauffele, Patrick Cantlay, Brooks Koepka, Justin Thomas and Collin Morikawa are also in the team, while Rickie Fowler and Jordan Spieth are the most experienced US players with four appearances apiece.

Brian Harman

Australia's Mark Nawaqanitawase


Irish flanker Josh van der Flier carries the ball

LIVE RUGBY UNION

Rugby World Cup

Sat, Sun & Wed-Fri, ITV1, ITV4 & S4C

The tournament hots up this weekend with some unmissable pool matches. Following England's game against debutants Chile on Saturday (kick-off 4.45pm), Ireland take on holders South Africa in Paris (8pm). It's the first time the sides have met at a World Cup, while their last match, in 2022, saw Ireland triumph 19-16 in Dublin with tries from Josh van der Flier and Mack Hansen. For Scotland to qualify from Pool B, they can't afford a slip-up against Tonga on Sunday (4.45pm), before Wales face Eddie Jones' Australia in Lyon (8pm). Wing Mark Nawaqanitawase will be a threat for the Wallabies as the sides meet in the pool stage for a third successive World Cup.

From left: Europe's Jon Rahm, Ludvig Åberg and Rory McIlroy, and Scottie Scheffler and Brooks Koepka of the USA

Luke Donald

THE CAPTAINS

Henrik Stenson was originally named Europe captain, but when the Swede joined LIV Golf he was replaced by Luke Donald, who represented Europe in the Ryder Cup four times as a player, winning every time. The USA team is skippered by Zach Johnson, with both men assisted by five vice-captains.

Zach Johnson

Joe Joyce

LIVE BOXING

Zhilei Zhang v Joe Joyce

Saturday, TNT Sports 2

British heavyweight Joe 'Juggernaut' Joyce was undefeated and the mandatory challenger to Oleksandr Usyk's WBO title before his surprise defeat by Chinese southpaw Zhilei Zhang in April. On Saturday, Joyce gets his chance for revenge in a rematch at London's Wembley Arena. 'I'm going to take back what's mine. No compromises. No underestimating my opponent,' promises Joyce. 'I've learnt some lessons and I'm ready.'

Manchester City's Kyle Walker and Newcastle striker Anthony Gordon

LIVE FOOTBALL

EFL Cup

Tuesday & Wednesday, kick-offs 8pm, Sky Sports Football & Sky Sports Main Event

As the Premier League's biggest clubs enter the EFL Cup in the third round, holders Manchester United host Crystal Palace on Tuesday – the first time the sides have met in the competition since a Palace fifth-round victory at Old Trafford in 2011. On Wednesday, Newcastle United entertain Manchester City just a month after a league meeting at the Etihad when a first-half strike from Julián Álvarez gave City victory.

Max Verstappen of Red Bull

LIVE MOTORSPORT

F1: Japanese Grand Prix

Sunday, race starts 6am, Sky Sports F1 & Sky Sports Main Event

Depending on the result of the Singapore Grand Prix, Red Bull's Max Verstappen could clinch a third drivers' championship at Suzuka on Sunday. The Dutch driver took the chequered flag in Japan last year to secure the world title amid heavy rain that saw the Grand Prix run over half distance. He is also on course to shatter his own record of 15 wins in a single season, set in 2022.

Sport A-Z and football planner »»

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The new 18V Cordless Stick Vac from Ryobi is perfect for vacuuming up dust and dirt from carpets and hard floors with complete cordless convenience.
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Dual-cyclonic HEPA 12 filtration captures up to 99.5% of all particles, including pollen, fungal spores, bacteria, and viruses to ensure a deep, thorough whole home clean.
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This Ryobi Stick Vac delivers powerful suction and an easy-to-use design that makes easy work of cleaning hard floors, carpets and even your upholstery.

Light and easy to move around your home

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The RS18V features new dual-cyclonic separation technology which delivers faster and longer-lasting airflow. And its sizeable, fully detachable 600ml dust bin makes emptying simple and hygienic.
Weighing-in at just 3.1kg (3.8kg with battery), the Ryobi RSV18 Stick Vac is lightweight and easy to move around your home. And the 4.0Ah battery (included) will let you vacuum for up to 40 minutes on a single charge.

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The pivoting agile floor head is especially useful when navigating all those tricky, hard-to-reach places.

You'll no longer have to deal with the noisy, disruptive sound of a regular vacuum. With independent brush bar controls and boost mode, you'll enjoy superior control over your Stick Vac, so you can switch from hard floors to thick carpets with ease.
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RYOBI

Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Notre Dame Fighting Irish v Ohio State Buckeyes
Sat 12.30am Sky Sports Main Event & Sky Sports Action

LIVE New York Jets v New England Patriots
Sun 5pm Sky Sports Action & 7pm Sky Sports Main Event
The NFL week-three match.

LIVE Kansas City Chiefs v Chicago Bears
Sun 9.15pm Sky Sports Main Event & Sky Sports Action
The NFL fixture.

LIVE Las Vegas Raiders v Pittsburgh Steelers
Sun 1.20am Sky Sports Main Event; Sky Sports Action
Action from the NFL.

LIVE Tampa Bay Buccaneers v Philadelphia Eagles
Mon 12m't Sky Sports Main Event & Sky Sports Action
The top NFL week-three game.

LIVE Cincinnati Bengals v Los Angeles Rams
Mon 1am Channel 5, Sky Sports Arena & Sky Sports Mix
The NFL week three clash.

LIVE Green Bay Packers v Detroit Lions
Thu 12m't Sky Sports Main Event & Sky Sports Action
The NFL week four match.

AUSTRALIAN RULES

LIVE St Kilda Women v Collingwood Women
Sun 6am TNT Sports 1

LIVE Western Bulldogs Women v St Kilda Women
Fri 10am TNT Sports 1

LIVE Collingwood v Essendon
Fri 2am TNT Sports 4

LIVE AFL Grand Final
Fri 4.30am TNT Sports 1

BASEBALL

LIVE Cleveland Guardians v Baltimore Orioles
Sat 11pm TNT Sports 1

LIVE Los Angeles Dodgers v San Francisco Giants
Sat 2am TNT Sports 2

LIVE MLB
Sun 6pm & Fri 12m't TNT Sports 3; Sun & Tue 12m't, Mon 2.30am TNT Sports 2; Wed 12m't & Thu 11pm TNT Sports 1
Regular-season fixtures.

American football
Jalen Hurts and the Philadelphia Eagles are in action this week

LIVE Colorado Rockies v Los Angeles Dodgers
Tue 8pm TNT Sports 3

LIVE Chicago White Sox v Arizona Diamondbacks
Wed 7pm TNT Sports 4

BASKETBALL

LIVE WNBA Play-offs
Sun 6pm Sky Sports Arena; Tue 1am & Fri 2.30am Sky Sports Main Event, Sky Sports Arena & Sky Sports Mix

LIVE London Lions v Bristol Flyers
Thu 7.30pm Sky Sports Arena & Sky Sports Mix
The BBL clash at Copper Box Arena.

BOXING

LIVE Zhilei Zhang v Joe Joyce
Sat 7.30pm TNT Sports 2
The bout for the WBO interim world heavyweight title. See p29.

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 10pm TNT Sports 3

LIVE Rafael Fiziev v Mateusz Gamrot
Sat 12m't TNT Sports 3
Coverage of the UFC Fight Night card at UFC Apex.

CRICKET

LIVE England v Ireland
Sat 10.30am Sky Sports Cricket
Coverage of the second match in the three-game series at Trent Bridge.

LIVE Gulf Cup Final
Sat 5pm Viaplay Xtra

LIVE Hero CPL
Sun 11.30pm TNT Sports 1

LIVE England v Ireland
Tue 12noon Sky Sports Main Event & Sky Sports Cricket
The third and final match of the series at Seat Unique Stadium.

CYCLING

LIVE Tour of Langkawi
Sat 7.15am, Sun 6.15am, Mon 6.30am & 5.15am, Tue 5.30am, Thu 6.05am & 3.45am Euro1
Coverage of stages one to seven.

LIVE European Championships
Sat 12.30pm & Sun 11.30am Euro1
The women's and men's road races.

LIVE Tour of Luxembourg
Sat 4pm Euro1
Coverage of the fourth stage.

LIVE CRO Race
Tue-Fri 2pm Euro1
Coverage of stages one to four.

LIVE Circuit Franco-Belge
Thu 4pm Euro1
The men's one-day race.

LIVE Mountain Biking
Fri 9.15pm Euro1
From Snowshoe, West Virginia.

DARTS

LIVE European Tour
Sat & Sun 12noon Viaplay Xtra; Sat 6pm Viaplay Sports 2
Days two and three of the Hungarian Trophy at MVM Dome.

GOLF

LIVE Solheim Cup
Sat 6.30am Sky Sports Golf & Sky Sports Mix, 8am Main Event
The foursomes and four-balls matches on day two.

LIVE Cazoo Open De France
Sat 12.30pm & Sun 12noon Sky Sports Mix
Coverage of days three and four in Saint-Quentin-en-Yvelines.

LIVE Solheim Cup
Sun 9am Sky Sports Main Event & Sky Sports Golf
The third and final day.

LIVE All-Star Ryder Cup
Wed 11.30am Sky Sports Golf, Sky Sports Main Event & Sky Sports Mix
The celebrity match from Rome.

LIVE Junior Ryder Cup
Thu 9.30am Sky Sports Golf, Sky Sports Main Event & Sky Sports Mix
Coverage of the match in Rome.

LIVE Ryder Cup
Thu 3pm Sky Sports Main Event & Sky Sports Golf
Coverage of the opening ceremony.

LIVE Ryder Cup
Fri 6am Sky Sports Main Event & Sky Sports Golf
The foursomes matches on the first day at Marco Simone Golf and Country Club in Rome. See p28.

LIVE Ryder Cup
Fri 11.30am Sky Sports Main Event & Sky Sports Golf
The four-balls matches on the first day at Marco Simone Golf and Country Club in Rome. See p28.

HORSE RACING

LIVE Ayr
Sat 1pm ITV4
Coverage includes the Ayr Gold Cup.

LIVE Newmarket
Fri 1.30pm ITV3

MOTORCYCLING

LIVE World Superbikes
Sat 8.30am & 11.15am Euro2
Coverage of round 10 from MotorLand Aragon in Spain.

LIVE MotoGP
Sat 8.30am TNT Sports 2
The Grand Prix of India Moto2 and Moto3 qualifying sessions.

LIVE MotoGP
Sat 10.30am TNT Sports 2
The Grand Prix of India sprint race.

LIVE MotoGP
Sun 6.30am TNT Sports 2
The Grand Prix of India warm-up.

LIVE Moto3
Sun 7.15am TNT Sports 2
The Grand Prix of India race.

LIVE Moto2
Sun 9am TNT Sports 2
The Grand Prix of India race.

LIVE World Superbikes
Sun 9.30am & 11.15am Euro2
Coverage of round 10 from MotorLand Aragon in Spain.

LIVE MotoGP
Sun 10.30am TNT Sports 2
The Grand Prix of India race.

LIVE Motocross World Championship
Sun 3.15pm Euro2
Coverage from Matterley Basin.

LIVE British Speedway
Mon 7.30pm Euro2
Coverage of the second leg of the opening play-off semi-final.

LIVE British Speedway
Thu 7.30pm Euro2
Coverage of the second leg of the second play-off semi-final.

LIVE MotoGP
Thu 1am & 5.15am TNT Sports 2
Grand Prix of Japan free practices.

LIVE World Superbikes
Fri 10.20am & 2.50pm Euro2

LIVE MotoGP
Fri 1.45am TNT Sports 2
The Grand Prix of Japan third free practice and qualifying sessions.

LIVE MotoGP
Fri 4.30am TNT Sports 2
The Grand Prix of Japan Moto2 and Moto3 qualifying sessions.

MOTORSPORT

LIVE Formula 1
Sat 6am Sky Sports Main Event & Sky Sports F1
The Japanese Grand Prix qualifying.

LIVE DTM Racing
Sat & Sun 12.15pm Viaplay Sports 2

LIVE ADAC GT Masters Motorsport
Sat & Sun 2.10pm Viaplay Sports 2

LIVE Formula 1
Sat 4.30am Sky Sports Main Event & Sky Sports F1
Coverage of the Japanese Grand Prix, staged at Suzuka International Racing Course. Race starts: 6am, Sunday. See p29.

LIVE British Touring Car Championship
Sun 11am ITV4
Coverage from Silverstone.

LIVE NASCAR
Sun 8pm Viaplay Xtra
Coverage of the Autotrader EchoPark Automotive 400.

LIVE World Rally Championship
Fri 12.30pm TNT Sports 1 & 6.30pm TNT Sports 2
Special stages one to six in Chile.

NETBALL

LIVE New Zealand v England
Sat 4am Sky Sports Mix; Wed 7.30am Sky Sports Main Event & Sky Sports Mix
The opening two matches in the three-game series.

POOL

LIVE Ultimate Pool
Mon 6.30pm Viaplay Xtra

LIVE US Open 9-Ball Pool
Fri 3pm & 10.15pm Sky Sports Arena, 3pm & 9.30pm Sky Sports Mix, 10.15pm Sky Sports Main Event
The fifth day from Harrah's Resort.

RUGBY LEAGUE

LIVE Brisbane Broncos v New Zealand Warriors or Newcastle Knights
Sat 10.50am Sky Sports Arena
The NRL preliminary final.

LIVE York Valkyrie v Wigan Warriors
Sat 3pm Sky Sports Arena
The Women's Super League Group One semi-final from LNER Community Stadium.

LIVE St Helens v Leeds Rhinos
Sat 5.45pm Sky Sports Arena & Sky Sports Mix
Coverage of the Women's Super League Group One semi-final from Totally Wicked Stadium.

LIVE NRLW
Sat 5am & 7.05am Sky Sports Arena
Coverage of the semi-finals.

LIVE Sheffield Eagles v Bradford Bulls
Sun 6pm Viaplay Sports 1

LIVE Super League
Fri 7.30pm Sky Sports Main Event & Sky Sports Arena
The first eliminator play-off match.

RUGBY UNION

LIVE Taranaki v Auckland
Sat 8.05am Sky Sports Arena

LIVE Georgia v Portugal
Sat 12.25pm ITV1
The Rugby World Cup Pool C fixture from Stadium de Toulouse.

Sport A-Z and football planner >>>

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TV&Satellite week TRAVEL OFFERS

60s, 70s & 80s to Soul & Motown at WARNERLEISUREHOTELS

Back to the 60s & 70s BIG Carry on New Year Party - Warner Bembridge, Isle of Wight

3 nights from £329pp

£10pp deposit

Date: 5 January 2024 - self drive to resort

INCLUDED:

- Entertainment evenings and afternoons with James Williams Showband, Abba Arrival Celebrate 50yrs of ABBA, The D-Day Darlings Trio, Country Joe, Little Miss 60s, Nat Augustin as George Benson, The Rag Dolls, The Revolvers & Carnaby Street
- 3 breakfasts & 3 dinners PLUS Free selected drinks from 6pm to midnight every night
- 3 nights' standard en-suite chalet (chalet & hotel room upgrades available), car ferry & parking

Back to the 60s, 70s & 80s BIG Suffolk Coast Party - Warner Corton

3 nights from £369pp

£10pp deposit

Date: 16 February 2024 - self drive to resort

INCLUDED:

- Entertainment evenings and afternoons with Blondied - a tribute to Blondie, Showaddywaddy, Majesty - a tribute to Queen, Soul Kinda Wonderful, Sounds Imperial, Little Miss 60s, Levena Johnson as Whitney & Christopher Gee's Comedy Impressions show
- 3 breakfasts & 3 dinners PLUS Free selected drinks from 6pm to midnight every night
- 3 nights' standard en-suite chalet (upgrades available) & parking

Best of the 60s & 70s on the Isle of Wight - Warner Norton Grange

4 nights from £359pp

£10pp deposit

Date: 21 Jan & 1 Feb 2024 - self drive to resort

INCLUDED:

- Entertainment evenings and afternoons with Abba Arrival, James Williams Showband, Roy G Hemmings Dictionary of Soul, Glen Leon as the voice of Tom Jones, Soul Singer Dominic Uppiah, Little Miss 60s, New Amen Corner, Joey & The Jivers, The Rag Dolls & The Graduates
- 4 breakfasts & 4 dinners PLUS Free selected drinks from 6pm to midnight every night
- 4 nights' standard en-suite chalet (upgrades available), car ferry & parking

60s to Soul & Motown Spring Party

Warner Lakeside Hayling Island, Hampshire

3 nights from £419pp

£10pp deposit

Date: 22 March 2024 - self drive to resort

INCLUDED:

- Entertainment evenings and afternoons with The Dreamers, The Rag Dolls, Carnaby Street, From The Gap, Misha Dawn as Diana Ross, Hitzville - memories of the Drifters, Dave Berry & The Cruisers, Bruce Parker - California Soul Man, Jimmy Jemain – 'Stars in Their Eyes' Cliff Richard, Country Joe, The Trems & Jeff Brown (ex Sweet)
- 3 breakfasts & 3 dinners PLUS Free selected drinks from 6pm to midnight every night
- 3 nights' standard en-suite chalet - upgrades available & parking

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LIVE England v Chile
Sat 3.55pm ITV1 (kick-off 4.45pm)
Coverage of the Rugby World Cup Pool D match at Stade Pierre-Mauroy in Lille, France. This is the first meeting between these sides, and England will be expecting nothing less than a victory. See p29.

LIVE South Africa v Ireland
Sat 7.15pm ITV1 (kick-off 8pm)
Coverage of the Rugby World Cup Pool B match at Stade de France.

LIVE Scotland v Tonga
Sun 4pm ITV1 (kick-off 4.45pm)
Coverage of the Rugby World Cup Pool B encounter, which takes place at Stade de Nice in France.

LIVE Wales v Australia
Sun 7.15pm ITV1 & S4C (kick-off 8pm)
Rugby World Cup Pool C game, from OL Stadium in Lyon.

LIVE Southland v Bay of Plenty
Wed 8am Sky Sports Arena

LIVE Uruguay v Namibia
Wed 4pm ITV4
Coverage of the Rugby World Cup Pool A match from OL Stadium.

LIVE Japan v Samoa
Thu 7.15pm ITV4
The Rugby World Cup Pool D game at Stadium de Toulouse in France.

LIVE Auckland v Northland
Fri 8am Sky Sports Arena

LIVE New Zealand v Italy
Fri 7.30pm ITV1
Coverage of both teams' third and penultimate Rugby World Cup Pool A match at OL Stadium in Lyon.

LIVE Boroughmuir Bears v Futures
Fri 7.30pm BBC Alba

SNOOKER

LIVE British Open
Mon 12.45pm & 6.45pm ITV4
Coverage of day one at the Centaur.

LIVE British Open
Tue 12.45pm ITV4 & 6.45pm ITV3
The second day from the Centaur.

LIVE British Open
Wed 12.45pm ITV3 & 7pm ITV4
Coverage of day three from the Centaur at Cheltenham Racecourse.

LIVE British Open
Thu 12.45pm ITV4 & 6.45pm ITV3
The fourth day from the Centaur.

LIVE British Open
Fri 12.45pm & 6.45pm ITV4
Coverage of day five from the Centaur at Cheltenham Racecourse.

TENNIS

LIVE Laver Cup
Sat 9pm Euro1
Coverage of day two from Rogers Arena in Vancouver, featuring matches between Team Europe, captained by Bjorn Borg, and Team World, led by John McEnroe.

LIVE Laver Cup
Sun 8pm Euro1
Coverage of the third day's play from Rogers Arena in Vancouver.

WRESTLING

LIVE WWE Monday Night Raw
Mon 1am TNT Sports 1

LIVE WWE NXT
Tue 1am TNT Sports 1

LIVE WWE Friday Night SmackDown
Fri 1am TNT Sports 1

Football planner

Saturday 23

LIVE Livingston v Celtic
12noon Sky Sports Football (kick-off 12.30pm)
The Scottish Premiership match.

LIVE Woking v York City
12noon TNT Sports 1 (kick-off 12.30pm)

LIVE Girona FC v Mallorca
12noon Viaplay Sports 1 (kick-off 1pm)

LIVE Brentford v Everton
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League clash at Gtech Community Stadium.

LIVE Sassuolo v Juventus
5.15pm TNT Sports 1
The Serie A fixture.

LIVE Kelty Hearts v Falkirk
5.20pm BBC Alba (kick-off 5.30pm)

LIVE Werder Bremen v FC Cologne
5.20pm Sky Sports Football (kick-off 5.30pm)

LIVE Barcelona v Celta Vigo
5.25pm Viaplay Sports 1 (kick-off 5.30pm)
Coverage of the LaLiga match.

LIVE Burnley v Manchester United
7pm TNT Sports 1 (kick-off 8pm)
The Premier League clash, staged at Turf Moor.

LIVE Lazio v Monza
7.30pm TNT Sports 3 (kick-off 7.45pm)

LIVE Almeria v Valencia
7.30pm Viaplay Sports 1 (kick-off 8pm)

LIVE Brest v Lyon
8pm TNT Sports 4 (kick-off 8pm)

Sunday 24

LIVE Stoke City v Hull City
11.30am Sky Sports Football (kick-off 12noon)
Action from the Championship, staged at bet365 Stadium.

LIVE Empoli v Inter Milan
11.30am TNT Sports 1 (kick-off 11.30am)

LIVE Metz v Strasbourg
12noon TNT Sports 3 (kick-off 12noon)

LIVE Real Sociedad v Getafe
12noon Viaplay Sports 1 (kick-off 1pm)

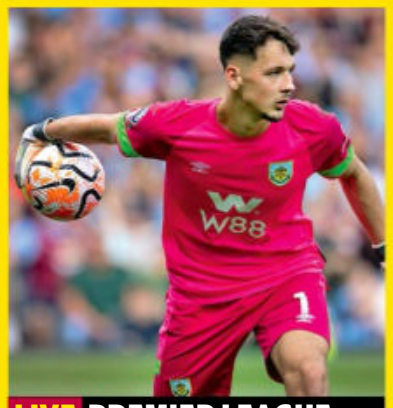
LIVE Arsenal v Tottenham Hotspur
1pm Sky Sports Premier League & 2pm Sky Sports Main Event (kick-off 2pm)
The Premier League encounter from Emirates Stadium.

LIVE Atalanta v Cagliari
2pm TNT Sports 1 (kick-off 2pm)

LIVE Lens v Toulouse
2pm TNT Sports 2 (kick-off 2pm)

LIVE Udinese v Fiorentina
2pm TNT Sports 3 (kick-off 2pm)

LIVE Bayer Leverkusen v FC Heidenheim 1846
2.30pm Sky Sports Football (kick-off 2.30pm)



LIVE PREMIER LEAGUE

Burnley v Manchester United

Saturday, kick-off 8pm, TNT Sports 1

Burnley have conceded 11 goals in their opening three home games and keeper James Trafford could be busy against a United side that was recently revealed to be world football's biggest net spenders over the past decade.

LIVE PREMIER LEAGUE

Arsenal v Tottenham Hotspur

Sunday, kick-off 2pm, Sky Sports Main Event & Sky Sports Premier League

Both sides have started the season brightly, with new midfield signings Declan Rice and James Maddison impressing for their clubs. The Gunners did the double over their rivals last season.

LIVE NATIONS LEAGUE

Netherlands v England

Tuesday, kick-off 7pm, ITV4

Lionesses boss – and former Netherlands coach – Sarina Wiegman faces her compatriots in this Group A1 tie in Utrecht. England quartet Millie Bright, Rachel Daly, Mary Earps and Georgia Stanway are all among the nominees for the women's Ballon d'Or.

LIVE Rayo Vallecano v Villarreal
3pm Viaplay Sports 1 (kick-off 3.15pm)

LIVE Sheffield United v Newcastle United
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
Coverage of the Premier League encounter from Bramall Lane.

LIVE Montpellier v Rennes
4pm TNT Sports 2 (kick-off 4.05pm)

LIVE Eintracht Frankfurt v SC Freiburg
4.30pm Sky Sports Football (kick-off 4.30pm)

LIVE Bologna v Napoli
5pm TNT Sports 1 (kick-off 5pm)
The Serie A clash.

LIVE Real Betis v Cadiz
5.25pm Viaplay Sports 2 (kick-off 5.30pm)

LIVE Paris Saint-Germain v Marseille
7.30pm TNT Sports 1 (kick-off 7.45pm)
Coverage of the Ligue 1 match.

LIVE Torino v AS Roma
7.30pm TNT Sports 2 (kick-off 7.45pm)

LIVE Atletico Madrid v Real Madrid
7.30pm Viaplay Sports 2 & ITV4 (kick-off 8pm)
A top LaLiga match.

Monday 25

LIVE University of Stirling v Albion Rovers
7pm BBC Scotland (kick-off 7.05pm)

LIVE Coventry City v Huddersfield Town
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match from Coventry Building Society Arena.

Tuesday 26

LIVE Sevilla v Almeria
5pm Viaplay Sports 2 (kick-off 6pm)

LIVE Netherlands v England
6.15pm ITV4 (kick-off 7pm)
Women's Nations League clash.

LIVE Wales v Denmark
7pm BBC1 (Wales only) (kick-off 7.15pm)
Coverage of both teams' second Women's Nations League match.

LIVE Kilmarnock v Hearts
7.15pm Viaplay Sports 1 (kick-off 7.45pm)

LIVE Manchester United v Crystal Palace
7.30pm Sky Sports Football & 8pm Sky Sports Main Event (kick-off 8pm)
The EFL Cup third-round match, staged at Old Trafford. See p29.

LIVE Rochdale v Chesterfield
7.30pm TNT Sports 1 (kick-off 8pm)

LIVE Juventus v Lecce
7.30pm TNT Sports 2 (kick-off 7.45pm)
Coverage of the Serie A game.

LIVE Preussen Munster v Bayern Munich
7.40pm Viaplay Xtra (kick-off 7.45pm)

LIVE Mallorca v Barcelona
8pm Viaplay Sports 2 (kick-off 8.30pm)
Coverage of the LaLiga match.

Wednesday 27

LIVE Real Madrid v Las Palmas
5pm Viaplay Sports 2 (kick-off 6pm)
The LaLiga match at the Bernabeu.

LIVE Cagliari v AC Milan
5.30pm TNT Sports 1 (kick-off 5.30pm)

LIVE Verona v Atalanta
5.30pm TNT Sports 2 (kick-off 5.30pm)

LIVE Empoli v Salernitana
5.30pm TNT Sports 3 (kick-off 5.30pm)

LIVE Newcastle United v Manchester City
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The EFL Cup third-round match from St James' Park. See p29.

LIVE Inter Milan v Sassuolo
7.30pm TNT Sports 1 (kick-off 7.45pm)

LIVE Rangers v Livingston
7.30pm Viaplay Sports 1 (kick-off 8pm)
The Viaplay Cup quarter-final.

LIVE Wehen Wiesbaden v RB Leipzig
7.40pm Viaplay Xtra (kick-off 7.45pm)
The German Cup first-round game.

LIVE Napoli v Udinese
7.45pm TNT Sports 2 (kick-off 7.45pm)
Coverage of the Serie A match at Stadio Diego Armando Maradona.

LIVE Lazio v Torino
7.45pm TNT Sports 3 (kick-off 7.45pm)

LIVE Valencia v Real Sociedad
8pm Viaplay Sports 2 (kick-off 8.30pm)

Thursday 28

LIVE Granada v Real Betis
5pm Viaplay Sports 1 (kick-off 6pm)

LIVE Frosinone v Fiorentina
5.30pm TNT Sports 1 (kick-off 5.30pm)

LIVE Monza v Bologna
5.30pm TNT Sports 2 (kick-off 5.30pm)

LIVE Celta Vigo v Alaves
5.55pm Viaplay Sports 2 (kick-off 6pm)

LIVE Genoa v AS Roma
7.30pm TNT Sports 1 (kick-off 7.45pm)

LIVE Osasuna v Atletico Madrid
8pm Viaplay Sports 1 (kick-off 8.30pm)
Coverage of the LaLiga game.

Friday 29

LIVE Sheffield Wednesday v Sunderland
7.30pm Sky Sports Football (kick-off 8pm)
The Championship fixture.

LIVE TSG 1899 Hoffenheim v Borussia Dortmund
7.30pm Sky Sports Mix (kick-off 7.30pm)
Coverage of the Bundesliga match.

LIVE Barcelona v Sevilla
7.30pm Viaplay Sports 1 (kick-off 8pm)
Coverage of the LaLiga match.

LIVE Strasbourg v Lens
7.45pm TNT Sports 1 (kick-off 8pm)

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Saturday

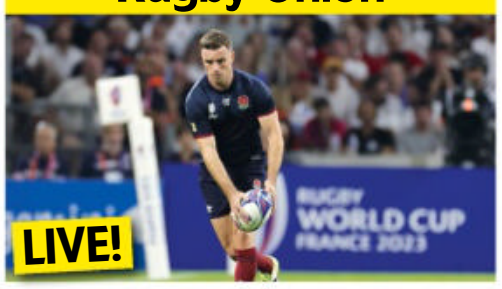
23 September

Evening Planner

Animation

Marcel the Shell with Shoes On
Sky Premiere, 10.05am & 3.50pm
Oscar-nominated animated film about a one-inch-tall talking shell who finds fame.

Rugby Union



Rugby World Cup
ITV1, from 12.30pm
Coverage of Georgia v Portugal and England v Chile but the match of the day will be South Africa v Ireland (k-o 8pm).

Football

Premier League
Sky Sports & TNT Sports
Coverage of Brentford v Everton (Sky Sports, k-o 5.30pm) and Burnley against Manchester Utd (TNT Sports 1, k-o 8pm).

Crime Drama

Black Snow
BBC4, 9pm & 9.50pm
Australian crime drama starring Travis Fimmel as a detective who reopens an old murder case dating from 1994.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 6.15 Strictly Come Dancing			8.35 Michael McIntyre's The Wheel		9.35 Blankety Blank	10.10 News	10.30 Match of the...
102 BBC2	◂ 6.35 Celebrity...	7.35 ODI Cricket Highlights		8.35 Stock Aitken Waterman at the BBC			10.05 Kylie Live in the Park	
103 ITV1		7.15 Rugby World Cup – Live: South Africa v Ireland (Kick-off 8.00)					10.25 News	10.40 Bali...
104 CHANNEL 4	◂ 6.35 The Windsors...	7.35 A Royal Guide to – Parenting		8.35 Britain's Best Beach Huts		9.35 Film: Kingsman: The Secret Service		
105 CHANNEL 5	◂ 6.05 Scotland's Lost...	7.35 Jersey and Guernsey		8.35 It's A Royal Knockout: The Untold Story		9.35 Totally 1976: That Was The Year That Was		
106 SKY SHOWCASE	7.00 Micro Monsters with David...		8.00 Shark with Steve Backshall		9.00 Otto Baxter: Not a F***ing Horror Story			
ENTERTAINMENT								
115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of Crisps			
116 BBC4	7.00 Golf: Solheim Cup Highlights		8.00 Ray Mears' Northern Wilderness		9.00 Black Snow			
118 ITV2	7.00 Film: Coyote Ugly				9.00 Film: There's Something About Mary			
136 MORE4	◂ 6.55 The UK's National Parks with...		7.55 Bettany Hughes' Treasures of the World		9.00 24 Hours in A&E			
135 E4	7.00 The Big Bang Theory		8.00 The Great British Bake Off		9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 FBI: International		10.00 FBI: Most Wanted	
108 SKY ATLANTIC	◂ 6.50 Ray Donovan		7.55 Game of Thrones					
110 GOLD	7.00 Only Fools and Horses				9.00 Ricky & Ralf's Very Northern Road Trip		10.00 Harry Enfield and Chums	
111 DAVE	7.00 QI XL		8.00 Not Going Out				10.00 Mock the Week	
119 ITV3	7.00 Midsomer Murders							
120 ITV4	◂ 6.00 Film: The Magnificent Seven Ride!		8.00 The Chase Celebrity Special		9.00 English Football League Highlights			
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: American Pie 2			
139 SKY SCI-FI	7.00 Stargate Atlantis				9.00 True Blood			
113 SKY MAX	7.00 Hawaii Five-0		8.00 A Discovery of Witches		9.00 Never Mind the Buzzcocks	9.45 A League of Their Own Road Trip: Loch Ness to...		
109 ALIBI	◂ 6.00 Inspector George Gently		8.00 Death in Paradise			9.20 Father Brown		10.20 The Mallorca Files
130 SKY ARTS	◂ 6.55 Pink Floyd: The Endless River		8.00 Beach Boys: Good Vibrations Tour		9.00 Brian Wilson: Long Promised Road			
132 W	7.00 My Family				9.00 Gavin & Stacey			
DOCUMENTARY								
125 DISCOVERY	7.00 Deadliest Catch		8.00 Countdown to Collision		9.00 Hoffman Family Gold		10.00 Expedition Bigfoot	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 My Tiny Terror				10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation							
123 SKY HISTORY	7.00 Battle 360				9.00 Alien Deception: The Biggest Lie in History			10.30 Sex...
155 YESTERDAY	7.00 Great Continental Railway Journeys		8.00 Great Indian Railway Journeys				10.00 One Foot in the Grave	
121 SKY DOCS	◂ 6.45 Telemarketers		8.00 The Russell Murders: Who Killed Lin...		9.00 Otto Baxter: Not a F***ing Horror Story			
FILMS - Sky Cinema								
301 PREMIERE		7.15 Knock at the Cabin			9.00 God Is a Bullet			
303 HITS	◂ 5.55 Inferno		8.00 Men in Black: International				10.00 Bullet Train	
304 DIRECTORS	◂ 5.50 Jurassic Park		8.00 The Terminal				10.10 Pulp Fiction	
305 ANIMATION	◂ 5.50 Happy Feet Two	7.35 Riverdance: The Animated Adventure			9.10 Norm of the North: King-Sized Adventure			
306 FAMILY	◂ 5.45 The Lord of the Rings: The Return of the King				9.05 The Portable Door			
307 ACTION	◂ 5.45 Dungeons & Dragons: Honour...		8.00 The Expendables				10.00 The Expendables 2	
308 COMEDY	◂ 6.25 Black Sheep		8.00 Meet the Fockers				10.00 I Love You, Man	
309 THRILLER	◂ 6.25 Identity		8.00 A Time to Kill					10.30 Law Abiding...
310 DRAMA	◂ 5.20 The Last Samurai		8.00 Alfie			9.50 Babylon		
311 DYSTOPIA	◂ 6.20 The Cabin in the Woods		8.00 M3gan				10.00 The Island	
302 FEEL GOOD	◂ 6.10 Eddie the Eagle		8.00 Jerry Maguire					10.20 Grown Ups 2
313 FILM4	◂ 6.50 Footloose				9.00 Clear and Present Danger			
SPORT								
401 MAIN EVENT	◂ 5.00 SNF – Live: Brentford v Everton (Kick-off 5.30)			8.30 F1: Japanese Grand Prix Qualifying		9.30 Sky Sports News		
402 PREMIER LEAGUE	◂ 5.00 SNF – Live: Brentford v Everton (Kick-off 5.30)			8.30 Premier League Years				10.30 PL Highlights
403 FOOTBALL	◂ 5.20 Bundesliga...	7.30 Bundesliga...	8.00 SPFL				10.00 EFL Cup Highlights	
404 CRICKET	7.00 ICC Men's CWC: The Preview		8.00 ICC Men's Cricket World Cup: The...		9.00 One-Day International Cricket		10.00 Cricket World Cup	
410 TNT SPORTS 1	7.00 Premier League – Live: Burnley v Manchester United (Kick-off 8.00)							10.30 Vanarama...
411 TNT SPORTS 2	7.00 MotoGP	7.30 Fight Night – Live: Zhilei Zhang v Joe Joyce						

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** New edition With Paul Whitehouse. (S)
11.30 **The Great Food Guys** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** Jules Hudson helps a couple find their dream home on Anglesey. (S)(R)
4.00 **Garden Rescue** A neglected garden in Ellesmere Port. (S)(R)
4.30 **Final Score** Results round-up. (S)
5.10 **BBC News** (S)
5.20 **Local News** (S)
5.30 **Alan Carr's Picture Slam** New edition 2/8. Friends from Brighton, sisters from London and a couple from Yorkshire have to identify a board full of images. (S)

8.35 Michael McIntyre's The Wheel

6.15 **Strictly Come Dancing** New edition Tess Daly and Claudia Winkleman are back with the first live show of 2023, opening with a stunning group performance from the professional dancers. There is no public vote, but judges Craig Revel Horwood, Motsi Mabuse, Anton Du Beke and Shirley Ballas still have their paddles. Their scores tonight will be carried over to next week, when viewers will have their chance to vote for their favourite couple. *See feature, page 12.* (S)(AD)
8.35 **NEW SERIES Michael McIntyre's The Wheel** 1/10. The comedian returns with the game show, with Clare Balding, Darren Harriott, Jay Blades, Josie Gibson, Richard Madeley and Tom Allen. (S)
9.35 **NEW SERIES Blankety Blank** 1/10. Bradley Walsh hosts the comedy quiz show, joined by Rylan Clark, Emma Willis, Desiree Burch, Sue Perkins, Anita Rani and Iain Stirling. (S)
10.10 **BBC News** (S)
10.30 **Match of the Day** Gary Lineker presents action from the latest Premier League matches, including Manchester City v Nottingham Forest at the Etihad Stadium. (S)
■ *Match of the Day 2* is on tomorrow at 10.30pm
11.45 **FILM The Lost Boys** Vampire tale with Jason Patric and Corey Haim. Two teenagers discover vampire bikers in a Californian town. (S)(AD) (1987, 15, 90min) ★★★★
1.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.15 AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.00 **Britain's Secret Seas** (S)(R)(AD)
11.00 **Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
12.00 NOON **Britain's Top Takeaways** Five of the nation's top-rated burger takeaways take part. (S)(R)
1.00 PM **FILM Moulin Rouge** Biopic starring José Ferrer as 19th-century French artist Toulouse-Lautrec. (S) (1952, PG, 115min) ★★★
2.55 **Marvellous Musicals: Talking Pictures** (S)(R)
3.25 **FILM West Side Story** Bernstein-Sondheim musical starring Natalie Wood and Richard Beymer as young lovers caught between rival gangs in 1950s New York. (S) (1961, PG, 145min) ★★★★★
5.50 **Flog It!** Memorable finds. (S)(R)

10.05 Kylie Live in the Park

6.35 **Celebrity Antiques Road Trip** Newsreaders Nina Hossain and Lucrezia Millarini embark on a shopping bonanza between Nottinghamshire and Derbyshire, with expert advice provided by Tim Medhurst and Steven Moore. (S)(R)
7.35 **Cricket: ODI Highlights** England v Ireland: Action from the opening match of the three-game series, held at Trent Bridge in Nottingham. (S)
8.35 **NEW Stock Aitken Waterman at the BBC** A selection of BBC performances by artists and bands whose biggest hits were created by the songwriting and producing trio Stock Aitken Waterman, featuring Kylie Minogue, Jason Donovan, Rick Astley, Dead or Alive, Donna Summer and Bananarama. (S)
10.05 **NEW Kylie Live in the Park** The pop princess takes to the stage at Radio 2 in the Park in Leicester, singing a selection of classics alongside songs from her new album *Tension*. (S)
11.15 **Kylie at the BBC** New edition A selection of archive performances by Kylie Minogue. (S)
12.45 AM **Golf: Solheim Cup Highlights** Action from day two in Spain. (S)(R)
1.45 **FILM A Million Little Pieces** Drama starring Aaron Taylor-Johnson and Billy Bob Thornton. (S) (2018, 15, 105min) ★★★★
3.30 **Sign Zone: The Woman in the Wall** 5/6. Drama. (S1) (S)(R)(AD)
4.25 **to 6.40** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Love Your Garden** (S)(R)(AD)
6.30 **Love Your Weekend with Alan Titchmarsh** With Ore Oduba. (S)(R)
8.20 **ITV News** (S)
8.25 **Oti Mabuse's Breakfast Show** New edition With Jenny Ryan. (S)
9.25 **James Martin's Saturday Morning** New edition With Carly Paoli. (S)
11.40 **Ainsley's Good Mood Food** (S)(R)
12.10 PM **ITV News** (S)
12.25 **LIVE Rugby World Cup** Georgia v Portugal: The Pool C encounter from Stadium de Toulouse in France. Kick-off is at 1.00. (S)
3.20 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
3.55 **LIVE Rugby World Cup** England v Chile: The Pool D encounter from Stade Pierre-Mauroy in Lille France. Kick-off is at 4.45. (S)

10.40 Bali 2002

LIVE Rugby World Cup (started at 3.55pm)
7.00 **ITV News** (S)
7.05 **Local News** (S)
7.15 **LIVE Rugby World Cup** South Africa v Ireland: Mark Pougatch presents all the action from the Pool B encounter at Stade de France in Paris. With analysis from Brian O'Driscoll, Rory Best and Sam Warburton, pitchside reports from Jill Douglas and Bryan Habana, and commentary by Miles Harrison, Gordon D'Arcy and Jamie Roberts. Kick-off is at 8.00. (S)
10.25 **ITV News** (S)
10.40 **Bali 2002** New episode *Operation Alliance:* 3/4. Investigators try to track down the perpetrators of the Bali bombings. (S1) (S)(AD)
11.45 **English Football League Highlights** Action from the latest EFL fixtures, including Leeds United v Watford, Middlesbrough v Southampton and Leicester City v Bristol City. (S)(R)
1.10 AM **The Chase** (S)(R)
2.00 **Starstruck** (S)(R)
3.00 **Bali 2002** (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Love Your Garden** (R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

5.55 AM **The King of Queens** (S)(R)(AD)
7.10 **The Simpsons** (S)(R)(AD)
11.10 **F1: Japanese Grand Prix Qualifying Highlights** The battle for grid positions in the 17th round of the season at Suzuka International Circuit. (S)
12.40 PM **Jamie's £1 Wonders** (S)(R)
1.40 **FILM Megamind** Animation with the voice of Will Ferrell (S)(AD) (2010, PG, 115min) ★★★★
3.35 **Four in a Bed** From Grove Barn B&B in Denton, Norfolk. (S)(R)
4.05 A visit to Picaroons in Sheringham, Norfolk. (S)(R)
4.35 From Brightham House in Malborough, Devon. (S)(R)
5.05 A visit to Moran's B&B in Westward Ho!, Devon. (S)(R)
5.35 The B&B hosts meet up for the last time. (S)(R)

9.35 Kingsman: The Secret Service

6.05 **News** (S)
6.35 **The Windsors: Secrets of the Royal Tours** 1/4. Examining official tours and state visits by the Royal Family, exploring the history of the symbolic locations on the touring map. (S)(R)(AD)
7.35 **NEW SERIES A Royal Guide to... Parenting** A look at the history of parenting in the Royal Family, from birth announcements to the role of the governess, and how education has evolved in the monarchy. (S2) (S)(AD)
8.35 **Britain's Best Beach Huts** 1/3. Craftsman Jay Blades and interior design expert Laura Jackson travel the coastline as they compete to find the best beach huts Britain has to offer. (S)(R)(AD)
9.35 **FILM Kingsman: The Secret Service** Spy comedy thriller starring Colin Firth and Taron Egerton. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. With Samuel L Jackson. (S)(AD) (2015, 15, 155min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **FILM Event Horizon** Sci-fi thriller starring Laurence Fishburne and Sam Neill. (S) (1997, 18, 105min) ★★★
1.55 **Ramsay's 24 Hours to Hell and Back** Gordon visits Bayou on the Vine in Kansas City. (S)(SL)(R)(AD)
2.45 **The Simpsons** (S)(R)(AD)
3.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.40 **to 5.55** AM **Kirstie's Fill Your House for Free** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.55 **The Smurfs** (S)(R)
10.10 **SpongeBob SquarePants** Animated adventures. (S)(R)
10.25 **Entertainment News** (S)
10.30 **Friends** (S6) (S)(R)(AD)
12.00 NOON **Columbo** *A Stitch in Crime:* The sleuth pits his wits against a surgeon plotting to kill his colleague. (S)(R)
1.30 PM **FILM The Lake House** Romantic fantasy starring Keanu Reeves and Sandra Bullock. (S) (2005, PG, 125min) ★★
3.35 **FILM About Time** Romantic comedy fantasy starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. With Bill Nighy. (S) (2013, 12, 145min) ★★★

1.30 The Lake House

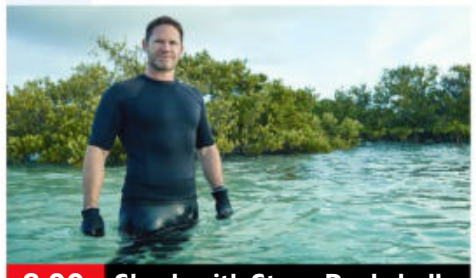
6.00 **News** (S)
6.05 **Scotland's Lost Islands with Ben Fogle** 3/3. Ben explores Scotland's abandoned islands, travelling from Stroma, inhabited 1,000 years ago, to Swona, whose first inhabitants were the Vikings. (S)(R)
7.35 **Jersey and Guernsey** 1/6. Documentary series celebrating the heritage of the Channel islands. There's a race against the elements to harvest the season's first crop of potatoes. (S)(R)
8.35 **NEW It's A Royal Knockout: The Untold Story** The true story of how Prince Edward revived madcap game show *It's a Knockout* in 1987 with a cast of royalty and celebrities. (S)
9.35 **NEW SERIES Totally 1976: That Was the Year That Was** 1/10. A look back at key moments in the media, beginning with 1976, when *I, Claudius*, and *Bouquet of Barbed Wire* dominated the TV. Featuring interviews with John Thomson, Claire Sweeney and Martin Bell. (S)
11.30 **FILM Dirty Dancing** Romantic musical drama starring Patrick Swayze and Jennifer Grey. (S) (1987, 12, 110min) ★★★★
1.20 AM **PlayOJO Live Casino Show**
3.20 **Friends** (S9) (S)(R)(AD)
4.10 **Britain's Greatest Bridges** (R)
5.00 **Great Scientists** (S)(SL)(R)
5.25 **House Doctor** (S)(SL)(R)
5.50 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Monkey Life** (S)(R)
8.00 **Predators** (S)(R)(AD)
9.00 **The Fresh Prince of Bel Air** 14-16/24. Triple bill. (S2) (S)(R)
10.30 **Saturday Social** Football show.
12.00 NOON **F1: Japanese Grand Prix Qualifying** Action from Suzuka International Circuit. (R)
2.00 PM **The Simpsons** *The Kids Are All Fight:* Flashback episode telling the story of Bart and Lisa's first fight. (S)(R) **2.30** *Let's Go Fly a Coot:* The family hear about Grampa's time in the Air Force. (S)(R)
3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.00 **Egypt's Unexplained Files** An exploration of the ancient Egyptian obsession with death and the afterlife. (S)(R)


8.00 Shark with Steve Backshall

6.00 **Evidence of the Unexplained** 3/10. A look at UFO sightings, terrifying abductions and other bizarre occurrences, casting new light on historic cases. (S)(R)
7.00 **Micro Monsters with David Attenborough** Focusing on courtship in the bug world. (S)(R)(AD) **7.30** The mating habits of various bugs. (S)(R)(AD)
8.00 **Shark with Steve Backshall** The naturalist joins scientists to find the shark hotspots in the Pacific Ocean and what can be done to preserve them. (S)(R)(AD)
9.00 **NEW Otto Baxter: Not a F***ing Horror Story** Documentary following a director with Down's syndrome as he works on a short movie and discusses how film-making helps him process his past and imagine an uncertain future. (S)
10.45 **The Russell Murders: Who Killed Lin and Megan?** New edition 2/3. The story of the brutal murders of Lin and Megan Russell. (S)
11.45 **Never Mind the Buzzcocks** With Paloma Faith. (R)
12.30 AM **Sex and the City** 3/12. Samantha enjoys an encounter with a doorman. (S)(R) **1.00** 4/12. The girls ponder the pros and cons of dating younger men. (S1) (S)(R)
1.30 **Road Wars** (S)(R)
2.00 **Stop, Search, Seize** (S)(R)(AD)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
4.00-5.10pm Sportscene Results (S) **11.45** Sportscene: Premiership Highlights (S)(R) **12.45am** FILM The Lost Boys (S) (AD) (1987, 15, 90min) ★★★★ **2.15** Weather for the Week Ahead (S) **2.20-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
3.00pm Truckers: Life on the Road (S)(R) **3.30-4.00pm** Weatherman Walking (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
5.50pm Flog It! (S)(R) **6.05-6.35pm** Marcus Wareing's Tales from a Kitchen Garden (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Hydref Gwyllt Iolo **11.00** Adre **11.30** Richard Holt: Yr Academi Felys (AD) **12.00noon** Bwyd Bach Shumana a Catrin **12.30pm** Am Dro! (AD) **1.30** Cynefin **2.30** Dau Gi Bach (AD) **3.00** Garddio a Mwy **3.30** Yn y Fan a'r Lle (AD) **4.00** Sgwrs Dan y Lloer: Sarra Elgan **4.30** Dan Do **5.00** Pen/Campwyr **5.25** Codi Hwyl: Llydaw **5.50** Cyfres Triathlon Cymru 2023 **6.15** Pêl-Droed Rhyngwladol **7.15** Newyddion a Chwaraeon **7.30** Am Dro! (AD) **8.30** Noson Lawen New edition **9.30** Anfamol (AD) **10.00** Jonathan: Cwpan y Byd 2023 **11.00-11.35pm** Elis James – 'Nabod y Teip

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Karen and Sharon continue to clash over seeing Albie. **7.30** Jean arranges a surprise hen-do for Kat, and Keanu threatens to tell-all.
8.00 **Top Gear** Matt LeBlanc, Chris Harris and Rory Reid test drive the latest SUVs, and are joined in the studio by Jason Manford.
9.00 **Two Pints of Lager and a Packet of Crisps** 5/8. Gaz attempts to do something special for Donna. **9.30** 6/8. Gaz resolves to split Kate from Jonny. **10.00** 7/8. Donna's tutor invites her to have a little extracurricular fun. **10.30** 8/8. Louise gets Jonny into trouble. (S4)
11.00 **Juice** 1&2/6. Sitcom. (S1)
11.55 **Boot Dreams: Now or Never** 5/6. Jordan lands a trial with Bradford City.
12.55 AM **Ballers: Ball or Nothing** Double bill.
1.55 **to 3.55** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Golf: Solheim Cup Highlights** Action from day two of the biennial women's team competition at Finca Cortesin in Andalucia, Spain.
8.00 **Ray Mears's Northern Wilderness** 5/6. David Thompson's 19th-century mapping of Canada.
9.00 **NEW SERIES Black Snow** *Unfinished Business:* 1/6. Australian crime drama starring Travis Fimmel. **9.50** New episode *Predators:* 2/6. A discovery sends the investigation in a different direction. *See feature, page 7.* (S1)
10.45 **Parkinson with Kenny Everett, Roy Castle and Sammy Davis Jr**
11.50 **Parkinson Meets Shirley MacLaine**
12.20 AM **Yes, Minister**
12.50 **The Thick of It**
1.20 **Some Mothers Do 'Ave 'Em** Comedy series.
1.50 **Ray Mears's Northern...**
2.50 **to 3.55** AM **Parkinson with Kenny Everett...**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Supermarkets Unwrapped: Fruit & Veg Aisle** Documentary.
9.30 **A Place in the Sun**
12.30 PM **Four in a Bed**
3.05 **Location, Location, Location** Property series.
4.10 **Come Dine with Me** IT architect Anna hosts the first dinner party from Cardiff. **4.40** Accountant Charlotte is going all out to impress. **5.15** Beautician Claire hosts. **5.50** Scott serves up a menu of family favourites.
6.20 **Come Dine with Me** Restaurateur Giovanni hosts the final night in Cardiff.
6.55 **The UK's National Parks with Caroline Quentin** 1/4. Caroline visits Kinder Scout in the Peak District and the Ramsey Sound.
7.55 **Bettany Hughes' Treasures of the World** 2/5. The historian travels to Malta in search of ancient artefacts, and leads the first TV crew to be allowed to film in the Hypogeum.
9.00 **24 Hours in A&E** The medics treat a doorman who was stabbed at the social club where he works. **10.00** Patients who are facing adversity head-on.
11.05 **8 Out of 10 Cats Does Countdown**
12.10 AM **Adam Hills: Clown Heart** Stand-up show.
1.55 **to 4.00** AM **24 Hours in A&E**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Rude(ish) Tube Shorts**
6.15 **Don't Tell the Bride**
7.10 **Lego Masters New Zealand**
8.10 **Modern Family**
10.45 **Young Sheldon**
2.20 PM **The Big Bang Theory**
3.45 **FILM How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★
6.00 **The Big Bang Theory** 16/24. Howard is offered the chance to go back into space. **6.30** 17/24. Amy tries to find Raj a date. (S7)
7.00 **The Big Bang Theory** 18/24. Sheldon visits his mother in Houston. **7.30** 19/24. Raj tries to date Lucy and Emily at the same time. (S7)
8.00 **The Great British Bake Off** The first of two highlights programmes celebrating 10 years of the culinary contest.
9.00 **Celebrity Gogglebox** *Hostile Planet, Big Brother: Best Shows Ever* and *EastEnders* are appraised.
10.00 **Gogglebox** The armchair critics share their opinions on *Frozen Planet II* and *Ninja Warrior UK: Race For Glory*.
11.05 **Gogglebox**
12.05 AM **First Dates**
2.15 **Celebrity Gogglebox**
3.10 **Gogglebox**
4.05 **Don't Tell the Bride**
5.00 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

SATURDAY Entertainment

Saturday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **UK Border Force**
1.00 PM **Caught Red Handed** A devious jewellery snatcher is tracked by police officers. **1.45** Animals put in danger when rubbish is dumped.
2.30 **Caught on Dashcam** Road disasters captured on video.
3.30 **Nothing to Declare** Seven editions of the documentary series following the work of customs officers in Australia.

8.00 FBI

7 PM

7.00 **Nothing to Declare** A woman may be carrying a deadly disease. **7.30** A man is caught smuggling wildlife.

8 PM

8.00 **FBI** *Ready or Not:* 6/23. Maggie returns from medical leave in time to help the team investigate two homicides. (S5)

9 PM

9.00 **FBI: International** *Call It Anarchy:* 6/22. Vo's friend from the US Navy calls in a favour to help find her missing nephew. (S2)

10 PM

10.00 **FBI: Most Wanted** *Patent Pending:* 6/22. The team dive head first into the world of psychedelics. (S4)
11.00 **Law & Order: Special Victims Unit** 18/22. (S24)
12.00 M'T **Law & Order: Organized Crime** 18/22. (S3)
1.00 AM **The Good Doctor** (S6)
2.00 **The Rookie** 11/20. (S1)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Triple bill.
9.00 **Raised by Wolves** (S1&2)
2.25 PM **Ray Donovan** 7/12. Tensions run high at a party to celebrate Conor's birthday. **3.30** 8/12. Lee reneges on Ray's deal with Cookie. **4.35** 9/12. Ray and Abby put Bridget in a difficult position. **5.45** 10/12. Ray steps in when Ashley's stalker returns. **6.50** 11/12. Mickey, Terry and Mr Keith attempt to execute a robbery. (S2)

7.55 Game of Thrones

7.55 **Game of Thrones** *The Watchers on the Wall:* 9/10. Jon and the men of the Night's Watch prepare to defend the Wall against an attack.

9.00 **Game of Thrones** *The Children:* 10/10. Jon tries to negotiate a peace with Mance Rayder, while Tyrion receives a visit from Jaime. (S4) **10.10** *The Wars to Come:* 1/10. Tyrion is presented with a fresh opportunity. (S5)
11.15 **Game of Thrones** (S5)
1.30 AM **Euphoria** 6/8. Nate celebrates his freedom, and Rue tries to recover. (S2)
2.35 **Angels in America** 3/6. (S1)
3.40 **In Treatment** (S2)
4.10 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **The Flash** 15/18. (S7)
11.00 **Merlin** Four episodes of the fantasy drama, including at: **2.00** PM 12/13. Gwen's father Tom is caught practising magic and faces trial. (S1)
3.00 **Hawaii Five-0** 1/25. McGarrett investigates his friend's murder. **4.00** 2/25. A family man on a flight to Honolulu is kidnapped. **5.00** 3/25. McGarrett and Danny hunt for a bank thief. **6.00** 4/25. Jerry accompanies Junior as he escorts a fallen soldier home to Oahu. (S9)

9.45 A League of Their Own

7.00 **Hawaii Five-0** *A'ohe mea 'imi a ka maka:* 5/25. Jerry searches for evidence of a murder he witnessed as a boy. (S9)
8.00 **A Discovery of Witches** 4/7. In London, Diana, Phoebe and Sarah struggle to pin down the elusive TJ Weston. (S3)
9.00 **Never Mind the Buzzcocks** With Paloma Faith and Judi Love.
9.45 **A League of Their Own Road Trip: Loch Ness to London** The boys are joined by Andy and Judy Murray for a Highland Games challenge.
10.45 **Warrior** *In Chinatown, No One Thinks About Forever:* 4/10. Ah Toy grapples with a tough choice. (S3)
11.45 **The Force: Manchester**
12.40 AM **Road Wars**
2.00 **The Blacklist** New episode 14/22. Crime thriller. (S10)
3.00 **Stop, Search, Seize**
4.00 **to 6.00** AM **Send in the Dogs**

ITV2

118 118 816 | 115 | 6 | 113

5.00 AM **Children's Programmes**
9.00 **Totally Bonkers Guinness World Records**
9.25 **Love Bites**
11.20 **Catchphrase**
12.00 NOON **Family Fortunes**
1.00 PM **Alan Carr's Epic Gameshow: Celebrity Special** *Strike It Lucky.*
2.05 **In for a Penny**
2.35 **FILM The Mitchells vs the Machines** Animated comedy. (2020, U, 114min) ★★★★
4.45 **FILM Step Up: All In** Drama. (2014, PG, 110min) ★★★

7.00 Coyote Ugly

7.00 **FILM Coyote Ugly** Music drama starring Piper Perabo, Adam Garcia and Maria Bello. An aspiring singer-songwriter gets a job in a rowdy New York bar while pursuing her dreams of stardom. (2000, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM There's Something About Mary** Black comedy starring Cameron Diaz and Ben Stiller. A love-struck man tries to find the woman on whom he had a high-school crush. With Matt Dillon. (1998, 15, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Family Guy** 5/20. Brian invests in the stock market. **12.00** M'T 8/20. Meg takes up drinking. (S16)
12.25 AM **American Dad!** (S12)
1.25 **Sex Lives of College Girls**
2.25 **to 3.00** AM **Iain Stirling's CelebAbility**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **On the Buses**
6.40 **Agatha Christie's Poirot**
8.50 **Endeavour** *Prey:* The detective investigates the disappearance of an au pair. **10.50** *Coda:* The detective considers his future. **12.50** PM *Muse:* A thief tries to steal a Fabergé egg.
2.50 **Lewis** *Music to Die For:* A case leads to the shady underworld of unlicensed boxing.
4.55 **Midsomer Murders** *Last Man Out:* A cricketer is found dead after a match.

7.00 Midsomer Murders

7.00 **Midsomer Murders** *Crime and Punishment:* A member of the Bleakridge Watch, a group of villagers who walk the streets reporting anyone who falls foul of the law, is found dead in his meat freezer.

9.00 **Midsomer Murders** *The Ghost of Causton Abbey:* A disused abbey that is believed to be cursed is about to be turned into a pub – but someone is found murdered in a similar manner to a famous historical execution.
11.00 **Maigret Sets a Trap** 1/2. The Parisian detective comes under pressure to trap the killer of four women before he strikes again. (S1)
1.05 AM **Scott & Bailey** 8/8. Gill is abducted. (S3)
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **The Edit** New edition
7.30 **Sportscene: Premiership Highlights** Action from the latest matches, including Livingston v Celtic.
8.30 **This Farming Life** 4/12. The Barclay family prepare their sheep for the Lanark Winter show.
9.30 **Scot Squad** 2/5. Fletcher and McLaren recover the same drugs twice. (S6)
10.00 **Rab C Nesbitt** 6/6. Rab reminisces about his family history. (S5)
10.30 **Ballers: Ball or Nothing** 1/8. Following Scotland's only professional basketball team, Glasgow Rocks. **11.00** 2/8. The new owners announce the team has a new name.
11.30 PM **to 12.00** M'T **Rewind 1980s**

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **The Fresh Prince of Bel Air** 14-18/24. (S2)
10.30 **Entourage** (S6)
1.05 PM **Will & Grace** (S6&7)
4.00 **The Conners** (S4)
6.30 **The Office (US)** 3/28. Holly holds a seminar. **7.00** 4/28. Dwight helps Michael prepare for the birth of Jan's baby. **7.30** 5/28. The company is burgled. **8.00** 6/28. Michael helps Holly move house. **8.30** 7/28. The annual customer survey brings shocking news. (S5)
9.00 **Curb Your Enthusiasm** 4/10. Larry traumatises Sammy Greene. **9.40** 5/10. Larry clashes with David Schwimmer. **10.20** 6/10. Larry obtains marijuana. (S4)
11.00 **Sex and the City** (S1)
12.00 M'T **Will & Grace** (S2)
12.30 AM **Random Acts of Flyness** Double bill.
1.45 **Flatbush Misdemeanors**
2.25 **to 5.00** AM **Looking**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Rumpelstiltskin: BalletLORENT**
7.30 **Battle of the Brass Bands** Documentary.
8.30 **Tales of the Unexpected**
11.00 **Hitchcock Presents**
1.00 PM **FILM Sherlock Holmes and the House of Fear** Mystery. (1945, b/w, U, 68min) ★★★
2.15 **Cirque du Soleil: Luzia**
4.00 **Classic Movies: The Story of The Graduate**
5.00 **Discovering**
6.00 **Guy Garvey: From the Vaults**
6.55 **Pink Floyd: The Endless River**
8.00 **Beach Boys: Good Vibrations Tour**
9.00 **NEW Brian Wilson: Long Promised Road**
11.00 **Oasis: Live at Wembley Arena 2008**
1.00 AM **Blitzed: The 80s Blitz Kids' Story**
2.50 **Pieces of a Man**
3.50 **Isle of Wight Festival**
5.00 **to 6.00** AM **Discovering**

Pick

151 | 135 | 36 | 144

6.00 AM **Nothing to Declare**
11.00 **Stop, Search, Seize**
12.00 NOON **Highway Cops**
1.00 PM **Motorway Patrol**
2.00 **Africa's Wild Year**
3.00 **Malawi Wildlife Rescue**
4.00 **Extreme Africa**
5.00 **Africa's Underwater Wonders** Documentary.
6.00 **Road Wars** Double bill.
8.00 **The Force: Manchester**
9.00 **Caught on Dashcam**
10.00 **SEAL Team** *What Appears to Be:* 14/22. Bravo works with the Congolese army on a covert mission. **11.00** *You Only Die Once:* 15/22. The unit try to take down the mastermind of several terrorist attacks. (S2)
12.00 M'T **Killer Siblings**
1.00 AM **Caught on Dashcam** Road disasters.
2.00 **Border Security: America's Front Line**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **The Real Housewives of Atlanta**
8.00 **Making It Home with Kortney & Kenny**
9.00 **LittleBe**
12.00 NOON **Making It Home with Kortney & Kenny**
1.00 PM **The Only Way Is Essex** Reality series.
2.00 **The Big Bake**
4.00 **Dinner Date**
7.00 **Celebrity Dinner Date**
8.00 **Dinner Date** Chelsee Healey has dinner with three blind dates.
9.00 **Botched** Two ex-brides who weren't able to have the wedding of their dreams seek help.
10.00 **The Weekender: Boat Party** The boat sets sail from Split, but David lays down the law. **11.00** The crew members set sail on their final journey.
12.00 **to 1.00** AM **Vanderpump Rules**

+1 hour 319 58

GREAT! tv

157 170 50 142

8.00 AM **Diagnosis Murder**
1.00 PM **FILM The Irresistible Blueberry Farm** Drama. (2016, PG, 110min) ★★
3.00 **FILM Sealed with a Kiss** Romantic drama starring Jesse Metcalfe. (2015, PG, 110min) ★★
5.00 **FILM Love Afloat** Romantic drama starring Alanna Smith. (2022, PG, 110min) ★★
7.00 **FILM Sun, Sand and Romance** Drama starring Tricia Helfer. (2017, PG, 90min) ★★
9.00 **A Case of Murder: Garage Sale Mystery** Thriller with Lori Loughlin.
10.50 **Murder Most Medieval: Garage Sale Mystery** Thriller with Lori Loughlin.
12.50 AM **Castle** 4&5/22. (S8)
3.00 **Return of the Saint**
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Extreme E Highlights**
8.15 **World of Sport**
8.25 **The NFL Show**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **The Best of Saint & Greavsie**
12.30 PM **Made in Britain**
1.00 LIVE **Racing** Coverage of racing from Ayr and Newbury.
4.00 FILM **The Shootist** Western. (1976, PG, 95min) ★★★★
6.00 FILM **The Magnificent Seven Ride!** Western sequel starring Lee Van Cleef. (1972, PG, 100min) ★★★

8.00 The Chase Celebrity Special

FILM The Magnificent Seven Ride! (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **The Chase Celebrity Special** With Danny John-Jules, Yinka Bokinni, Tom Bosworth and Eamonn Holmes.
9.00 **English Football League Highlights** Action from the latest EFL fixtures, including Leeds United v Watford and Leicester City v Bristol City.
10.35 FILM **Death Wish** Action drama starring Charles Bronson as a man seeking revenge for the murder of his wife. With Vincent Gardenia. (1974, 18, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **Motorsport UK**
1.30 **Auto Mundial**
2.05 **Motorsport Mundial**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the drama, including at: **2.00** PM 11/22. Samantha meets a group of rebels. **3.00** 12/22. Samantha's terminally ill father father becomes a Tok'ra host. (S2)
4.00 **Stargate Atlantis** 11/20. Jack O'Neill is taken prisoner. **5.00** 12/20. Dr Beckett is puzzled by a disappearance. **6.00** 13/20. The team are taken hostage by Kolya. (S3)

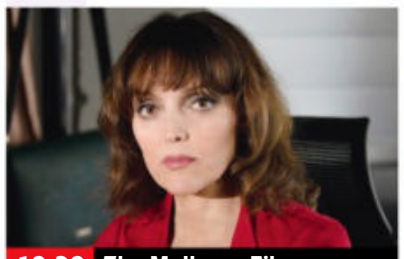
9.00 True Blood

7.00 **Stargate Atlantis** *Tao of Rodney:* 14/20. Rodney McKay gains superhuman abilities after being zapped by a mysterious device.
8.00 **Stargate Atlantis** *The Game:* 15/20. Sheppard and McKay discover a simulation they have played is actually real. (S3)
9.00 **True Blood** *She's Not There:* 1/12. Bill and Eric try to regain the trust of their human neighbours following Russell Edgington's rampage. **10.10** *You Smell Like Dinner:* 2/12. Sookie tries to adjust to her new living arrangements. (S4)
11.15 FILM **Ape vs Monster** Sci-fi adventure starring Quinn Baker, Rudy Bentz and Buck Burns. The ooze from a space capsule makes an ape and a lizard grow to titanic size. (2021, 12, 88min) ★★
1.00 AM **Stargate SG-1** (S2)
4.00 **Warehouse 13** 7/13. (S2)
5.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S6)
10.00 **Hudson & Rex** (S1)
2.00 PM **Death in Paradise** 5/8. Guest stars Steve Pemberton. **3.00** 6/8. A desert island survival course goes wrong. **4.00** 7/8. The owner of a hair salon is found dead. **5.00** 8/8. A blind actress is the only witness to her husband's murder. (S9)
6.00 **Inspector George Gently** *Gently Between the Lines:* Bacchus and Gently investigate the death of a man in custody.


10.20 The Mallorca Files

Inspector George Gently (started at 6.00pm)
8.00 **Death in Paradise** *Painkiller Thriller:* 5/9. Neville is convinced there's more to a case than meets the eye when a pop star is found dead at a rehab clinic. (S11)
9.20 **Father Brown** *The Demise of the Debutante:* The clergyman uncovers secrets at a finishing school for young ladies.
10.20 **The Mallorca Files** *Mallorca's Most Wanted:* 9/10. Max and Miranda hunt for a killer. (S1)
11.20 **Death in Paradise** (S9)
12.20 AM **Pretty Hard Cases** 7/12. Naz gets in deeper with the Coyotes, earning him an invite to Adeline's party. (S2)
1.20 **Hudson & Rex** (S1)
3.10 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.10 AM **2point4 Children**
7.50 **Desmond's**
8.20 **Hi-de-Hi!**
9.00 **Porridge**
9.40 **Citizen Khan**
11.00 **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Nine episodes, including at: **5.00** Rodney's plans to make a film are spoiled by Del Boy. **5.40** The Trotters try to help a damsel in distress. **6.20** A weeping statue in the local church gives Del an idea for a money-making scheme.

9.00 Ricky & Ralf's Very...

7.00 **Only Fools and Horses** The Trotters are caught up in an attempted robbery. **7.40** Tempers flare between the Trotter brothers as they fall for the same woman. **8.20** An old friend offers Del a share in his business empire in Australia.
9.00 **Ricky & Ralf's Very Northern Road Trip** The Royle campervan hits the North-East to visit the Angel of the North.
10.00 **Harry Enfield and Chums** Double bill of the comedy sketch show, with Kathy Burke and Paul Whitehouse.
11.20 **All Round to Mrs Brown's**
12.20 AM **Upstart Crow**
1.40 **The Fast Show: Christmas Special** Festive edition of the sketch show from 1996.
2.30 **Morecambe & Wise in America** Documentary.
3.35 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Rick Stein's Cornwall**
9.00 **Train Truckers**
10.00 **Repair Lot**
11.00 **Storage Hunters UK**
1.00 PM **Red Dwarf**
2.20 **Would I Lie to You?** With Rhod Gilbert, Jamie Laing, Tracy-Ann Oberman and Claudia Winkleman.
3.00 **Red Bull Soapbox Race: USA's Greatest Moments**
5.00 **Red Bull Soapbox Race: London's Greatest Moments**

10.00 Mock the Week

7.00 **QI XL** Jo Brand, Colin Lane, David Mitchell and Alan Davies attempt to answer Stephen Fry's questions on landmarks. **7 PM**
8.00 **Not Going Out** Lucy tries to befriend the posh new neighbours. **8.40** Daisy wins a place on television quiz show *Pointless* and chooses Lucy as her partner. **9.20** Frank's drinking becomes a problem. Guest stars Bobby Ball. **8 PM**
10.00 **Mock the Week** With Angela Barnes, Milton Jones and Ed Byrne. **10.40** With Ed Gamble and Hal Cruttenden. **10 PM**
11.20 **QI** With Jen Brister, Jimmy Carr and Chris McCausland.
12.00 M'T **Have I Got a Bit More Old News for You** Jennifer Saunders hosts, with guests Grayson Perry and Matt Forde.
1.00 AM **Not Going Out**
1.40 **to 4.00** AM **Schitt's Creek**

+1 hour 211 327 57

4seven

137/138 143 49 127

9.00 AM **Couples Come Dine with Me** Double bill.
11.00 **Chateau DIY**
2.00 PM **A Place in the Sun** Six editions, including at: **6.00** Laura Hamilton looks for a holiday home around the Lecrín Valley in Granada Province. **7.00** Sarah from Manchester looks for a holiday home on Corfu.
8.00 **Location, Location, Location** Catching up with two sets of first-time buyers.
9.00 **Grand Designs** A couple build a house inspired by American modernist properties.
10.00 **Sarah Millican: Control Enthusiast**
11.05 **24 Hours in A&E**
12.05 AM **Gogglebox**
1.10 **8 Out of 10 Cats Does Countdown**
2.15 **PopMaster TV**
3.20 **Jamie's £1 Wonders**
4.15 **to 4.45** AM **Beat the Chef**

5USA

141/169 120/162 21 129

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **8.00** *My Johnny Lies Over the Ocean:* Jessica's cruise with her niece is disrupted by terrifying threats.
9.00 **Criminal Minds** *Masterpiece:* 8/26. A man confesses to killing seven people. **10.00** *52 Pick-Up:* 9/26. The agents go undercover. (S4)
11.00 **Law & Order: Special Victims Unit** *Promising Young Gentlemen:* 15/22. Carisi's niece helps a friend report a sexual assault. **11.55** *Sorry If it Got Weird For You:* 16/22. Velasco's experience is put on trial. (S23)
12.55 AM **Blue Bloods** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Criminals: Caught on Camera**
8.25 **Call the Bailiffs: Time to Pay Up** Double bill.
10.30 FILM **Cocoon: The Return** Fantasy. (1988, PG, 130min) ★★
12.50 PM FILM **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
3.40 FILM **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
6.15 FILM **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
9.00 FILM **The Magnificent Seven** Western remake with Chris Pratt. (2016, 12, 132min) ★★★
11.45 FILM **The Manchurian Candidate** Political thriller remake. (2004, 15, 130min) ★★★★
2.25 AM **Criminals: Caught on Camera**
2.50 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
11.05 **Police Interceptors**
2.05 PM FILM **Ride the High Country** Classic Western. (1961, PG, 93min) ★★★★
4.10 FILM **Anzio** World War Two drama with Robert Mitchum. (1967, PG, 117min) ★★★
6.35 FILM **The Bridge at Remagen** World War Two drama starring George Segal and Robert Vaughn. (1968, PG, 116min) ★★★
9.00 FILM **300** Epic adventure starring Gerard Butler and Lena Headey. (2006, 15, 116min) ★★★★
11.15 FILM **300: Rise of an Empire** Adventure sequel starring Sullivan Stapleton. (2014, 15, 100min) ★★★
1.25 AM **Car Crash TV**
2.25 **to 3.00** AM **Criminals: Caught on Camera**

W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
5.00 PM **My Family** Susan embraces Halloween. **5.40** Janey leaves baby Kenzo with her parents. **6.20** Ben and Susan begin parenting classes. **7.00** Ben loses his luggage on holiday. **7.40** Abi's father decides to remarry. **8.20** Nick embarks on a business venture.
9.00 **Gavin & Stacey** Bryn tries to organise a surprise party for Gwen. **9.40** Smithy takes Gavin on a boys' night out. **10.20** Nessa goes into labour a month early.
11.00 **The Shift: Women on the Force** Documentary.
12.00 M'T **Inside the Ambulance**
1.00 AM **This Is MY House**
2.05 **to 3.00** AM **Nigel Slater's Simple Suppers**

+1 hour 232/233 325

Drama

143 116 20 158

7.25 AM **Birds of a Feather**
7.55 **Howards' Way**
10.15 **When the Boat Comes In** Triple bill.
1.45 PM **Jonathan Creek**
4.00 **Sherlock** *Abominable Bride:* 4/4. The apparent ghost of a woman prowls the streets with a thirst for revenge. (S3)
6.00 **The Brokenwood Mysteries** *Scared to Death:* 1/4. The boss of Brokenwood agricultural show dies after a ride on a ghost train. (S5)
8.00 **Father Brown** *The Lair of the Libertines:* The priest is stranded with a group of hedonists.
9.00 **Case Histories** *Nobody's Darling:* 2/3. Jackson looks into a five-year-old suspected murder. (S2)
11.00 **Whitechapel** (S1&2)
1.00 AM **Lovejoy**
2.00 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Antiques Road Trip**
10.00 **Dr Pimple Popper**
1.00 PM **A Place in the Sun**
3.00 **The Great Antiques Challenge** Hunting down furniture for a bar.
4.00 **Helicopter ER**
7.00 **Say Yes to the Dress with Tan France**
8.00 **Paramedics on Scene**
9.00 **The Dead Files** New edition A woman claims a dark entity is threatening her marriage.
10.00 **Death Walker with Nick Groff** New edition Nick conducts a daring paranormal experiment.
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Celebrity Help! My House Is Haunted**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Detroit**

Challenge

145 139 48 146

7.00 AM **The Chase**
9.00 **Through the Keyhole**
11.00 **Family Fortunes**
1.00 PM **All Star Family Fortunes** *X Factor* 2009 winner Joe McElderry and actor Jo Joyner take part. **1.45** With singer Cheryl Baker and DJ Trevor Nelson.
2.30 **Strike It Lucky** Triple bill of the game show.
4.00 **Tenable** Warwick Davis hosts as a team from Bristol University take part in the quiz show.
5.00 **The Chase** Four editions of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Celebrity version of the quiz show.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42 305

8.00 AM **Wild West Chronicles** Four editions.
10.00 FILM **Buck and the Preacher** Western. (1971, PG, 102min) ★★
12.05 PM FILM **Apache Ambush** Western. (1955, U, 68min) ★★
1.30 FILM **Silverado** Western. (1985, PG, 132min) ★★★
4.05 FILM **They Rode West** Western. (1954, U) ★★
5.50 FILM **Fury At Gunsight Pass** Western. (1955, b/w, 15, 67min) ★★
7.20 FILM **Utah Blaine** Western. (1957, U) ★★
9.00 FILM **The Contractor** Thriller. (2007, 15) ★★
10.55 FILM **Hard Luck** Thriller. (2006, 18) ★★★
1.00 AM FILM **Solar Flare** Sci-fi thriller. (2008, PG, 87min) ★★
2.55 **The Blitz on Berlin**
4.00 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies

321 425 34 302

9.00 AM FILM **If Looks Could Kill** (2016, 15) ★★
10.40 FILM **Cold in July** (2014, 15) ★★★★
12.25 PM FILM **Hidden in Plain Sight** (2019, 12) ★
2.10 FILM **Star Trek VI: The Undiscovered Country** Adventure. (1991, PG, 109min) ★★★★
4.20 FILM **Star Trek: Generations** Adventure. (1994, PG) ★★★
6.40 FILM **Vertical Limit** Adventure. (2000, 12, 124min) ★★★
9.00 FILM **Out of the Furnace** Crime thriller. (2013, 15, 114min) ★★★★
11.20 FILM **The Whole Truth** Crime drama. (2015, 15, 93min) ★★★
1.15 AM FILM **Forgotten Abduction** (2020) ★★
3.00 **Wild West Chronicles**
4.00 **to 6.00** AM FILM **Mother's Crime** Drama. (2017, 12, 90min) ★★

+1 hour 322 61

GREAT! christmas

319 424 52 303

8.00 AM FILM **Chasing Christmas** Fantasy. (2005, PG) ★★★
10.00 FILM **Christmas Do-Over** (2006, PG) ★★
12.00 NOON FILM **Christmas Mail** Romantic comedy. (2010, U, 88min) ★★
2.00 PM FILM **Love Always, Santa** Romantic drama. (2016, PG, 99min) ★★
4.00 FILM **Christmas Angel** Drama. (2012, PG) ★★
6.00 FILM **Correcting Christmas** Drama. (2014, PG, 86min) ★★
8.00 FILM **Eve's Christmas** Romantic comedy. (2004, PG, 92min) ★★
10.00 FILM **Christmas Wish** Drama. (2007, PG) ★★
12.00 M'T FILM **A Star Crossed Christmas** Drama. (2017, PG, 86min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Oh Christmas Tree!** Comedy. (2013, U) ★★

+1 hr 320 63 304

Legend

148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 FILM **King Arthur's Sword** Adventure. (2017, PG, 85min) ★★
9.50 **Legend Lowdown**
10.00 **Six Million Dollar Man**
3.00 PM FILM **The Shepherd of the Hills** Western. (1941, PG, 98min) ★★
4.55 **This Savage Land** Western adventure.
6.55 FILM **The Gambler** Musical drama. (1980, PG, 95min) ★★★
8.50 **Legend Lowdown**
9.00 FILM **Backdraft** Action drama. (1991, 15, 131min) ★★★
11.35 FILM **Every Last One of Them** Thriller. (2021, 18, 82min) ★★
1.15 AM FILM **Beyond the Gates** Horror thriller. (2016, 15, 90min) ★★
2.50 FILM **The Haunted** Horror. (2018, 15) ★★
4.20 **to 4.30** AM **Legend Lowdown**

DMAX

172 169 38 150

6.00 AM **Deadliest Catch**
9.00 **Alaskan Bush People**
12.00 NOON **The Last Alaskans** Triple bill.
3.00 PM **Alaska: Homestead Rescue** Double bill.
7.00 **The Zoo** A female slow loris has difficulty becoming pregnant.
8.00 **Saved by the Barn** A goat embraces her new prosthetics.
9.00 **Animal Cops Houston** The team remove birds from a crime scene.
10.00 **Body Bizarre** Following seven-year-old twins who were born joined at the head.
11.00 **Monsters Inside Me**
1.00 AM **Ed Stafford: Into the Unknown**
2.00 **Teleshopping**
4.00 **Insane Pools: Off the Deep End**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369

Food Network

140/141 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **The Pioneer Woman**
1.00 PM **James Martin's French Adventure**
3.00 **Tom Kerridge's Best Ever Dishes**
4.00 **Tom Kerridge's American Feast**
8.00 **Hairy Bikers' Mississippi Adventure** Si King and Dave Myers visit the hotbed of Cajun culture in Lafayette, Louisiana, where they sample crawfish and groove at a jam session.
9.00 **Man v Food with Casey Webb** Casey tries a sweet and savoury burger in Connecticut. **9.30** Casey's journey takes him to New York for a nostalgic twist on the classic buffalo wing.
10.00 **Man v Food**
12.00 M'T **Mystery Diners**
2.00 **to 3.00** AM **Cheap Eats**

+1 hour 240/241 149

Comedy Central

112/113 132 345 360

8.00 AM **Most Ridiculous: Kids** Comical clips.
8.35 **Most Ridiculous: Parties**
9.00 **Most Ridiculous: Gadgets** Online videos.
9.30 **Friends** (S10&1)
2.00 PM FILM **Drillbit Taylor** Comedy starring Owen Wilson. (2008, 12, 97min) ★★★
4.00 **Friends** 4-13/24. (S1)
9.00 FILM **American Pie 2** Teen comedy sequel starring Jason Biggs and Shannon Elizabeth. Four friends rent a lakeside house for the summer. (2001, 15, 106min) ★★★
11.00 FILM **Jackass 2.5** Comedy sequel with Johnny Knoxville. (2007, 18, 64min) ★
12.20 AM **Key & Peele**
1.15 **Beavis and Butt-Head**
1.30 **South Park** (S13&14)
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Guessable?**
7.00 **Teleshopping**
9.00 **Home Improvement**
1.00 PM **Home Improvement**
7.00 **Friends** 1/24. The first-ever episode. **7.30** 2/24. Carol tells Ross about her plans for their baby. **8.00** 3/24. Monica shows off her new boyfriend to the gang. **8.30** 4/24. The girls spy on a neighbour. **9.00** 5/24. Phoebe and Chandler make a pact to break up with their partners. **9.30** 6/24. Chandler begins a relationship with a married woman. (S1)
10.00 **Friends** 7-12/24. (S1)
1.00 AM **Home Improvement**
2.00 **Reno 911!** (S3)
3.45 **The Ren & Stimpy Show**
4.30 **Mike Judge's Beavis & Butt-Head** (S1)
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze

164 174 64 162

6.00 AM **Wicked Tuna**
7.00 **Monsterquest**
8.00 **Swamp People: Serpent Invasion**
10.00 **Pawn Stars**
12.00 NOON **Book of Secrets with Lance Reddick**
2.00 PM **Ancient Aliens**
8.00 **Al Murray: Why Do the Brits Win Every War?** The host separates the fact from the fiction of the Napoleonic wars.
9.00 **Mafia Killers** Sammy 'The Bull' Gravano.
10.00 **Cops Uncensored** A cop is drawn into a high-speed chase. **10.30** Things quickly turn physical after a suspect is detained.
11.00 **Homicide: Hours to Kill**
12.00 M'T **Secrets in the Ice**
1.00 AM **Evidence of the Unexplained**
2.00 **to 6.00** AM **Hardcore Pawn**

+1 hour 81

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.15 **GPs: Behind Closed Doors** Double bill.
11.10 **Air Crash: Disaster Revealed** Double bill.
1.00 PM **World War II in Colour** Seven editions.
8.00 **Nazi Megastructures** 3/6. A headquarters made of concrete. **9.00** 4/6. Heinrich Himmler's role in establishing the SS.
10.00 **Buried Secrets of WWII** Searching for historical evidence in Papua New Guinea.
11.00 **World's Biggest Battleship: Drain the Oceans** Documentary.
12.00 M'T **The Mighty Dreadnought: Monster Warship of WWI**
1.00 AM **The Lost Ships: The Hunt for the Kaiser's Superfleet**
2.00 **to 3.00** AM **The Queen Mary: Great British Royal Ships**

HGTV

158 191 44 166

7.00 AM **Escape to the Country** Four editions.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** Three generations of a family search for a home in rural Devon.
9.00 **Good Bones: Risky Business** With just eight weeks left before the first wedding, Mina is feeling the pressure.
10.00 **Escape to the Country** A retired couple search for a home in Cornwall. **11.00** Searching for a property in Wiltshire. **12.00** M'T Sonali Shah helps a couple looking for a home in Dorset.
1.00 AM **Luxe for Less**
2.00 **Escape to the Country**
3.00 **to 4.00** AM **A Place in the Sun: Home or Away**

+1 hour 272 391 151

RealityXtra

147 172 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Donal MacIntyre's Murder Files** Double bill.
2.00 PM **Medical Detectives**
5.00 **Judge Judy** Back-to-back real-life cases, including at: **7.55** An attack with a box cutter and a baseball bat is disputed. **8.20** Tempers flare over child abuse reports when a mother is sued. **8.45** A man sues for defamation of character. **9.10** A sexual assault between roommates complicates a dispute over missing furniture. **9.35** A married couple sue their ex-roommates.
10.00 **Judge Judy**
12.30 AM **World's Most Unexplained...**
1.00 **Psychic Private Eyes**
4.00 **Donal MacIntyre's Murder Files**
5.40 **to 6.00** AM **Judge Judy**

TLC

133/134 828 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
9.00 **Say Yes... UK**
10.00 **Flip or Flop**
11.00 **Rock the Block**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **Sister Wives**
6.00 **Say Yes... Atlanta**
7.00 **1000-lb Best Friends**
9.00 **Body Bizarre**
11.00 **I Didn't Know I Was Pregnant** Double bill.
12.00 M'T **Body Bizarre** Two brothers from Peru with stunted growth.
1.00 AM **Extreme Cheapskates**
2.00 **Body Bizarre**
3.00 **I Didn't Know I Was Pregnant** Double bill.
4.00 **1000-lb Best Friends**
5.00 **to 6.00** AM **Flip or Flop**

+1 hour 233/234 365

HorrorXtra

317 171 69 138

8.00 AM FILM **Independence Daysaster** Sci-fi thriller. (2013, PG, 90min) ★
10.00 FILM **Termination Point** Time-travel thriller. (2007, 15, 89min) ★★
12.00 NOON FILM **The Bone Eater** Monster movie. (2007, 12, 90min) ★★
2.00 PM FILM **Air Collision** Action drama starring Reginald VelJohnson. (2012, PG, 92min) ★
4.00 **Farscape** Five episodes of the series, including at: **8.00** *Different Destinations:* 5/22. A strange hole appears in the fabric of time. (S3)
9.00 FILM **Assault on Precinct 13** Cult thriller with Austin Stoker. (1976, 15, 90min) ★★★★★
10.55 FILM **Castle Freak** Horror thriller. (2020, 15, 106min) ★★
1.00 **to 3.00** AM FILM **Assault on Precinct 13**

+1 hour 318 371 139

Sky Replay

152 156

7.00 AM **Dragons: Rescue Riders** Five episodes.
9.05 **Celebrity Four Weddings** Reality series.
10.00 **Four Weddings**
11.00 **DC's Legends of Tomorrow** (S1&2)
4.00 PM **Manifest** Five episodes, including at: **7.00** *Water Landing:* 5/13. Michaela's premonition leads her to pursue a fugitive. **8.00** *Graveyard Spiral:* 6/13. Ben races tries to save his family. (S3)
9.00 **Fantasy Island** 1/13. Tara and Jessica want to rule their 30th high-school reunion. **10.00** 2/13. Helene searches for her biological father. (S2)
11.00 **The Blacklist** (S10)
12.00 M'T **Warrior** 4/10. (S3)
1.00 AM **A League of Their Own** Triple bill.
4.00 **to 6.00** AM **Four Weddings**

E!

159 159 835 160

7.00 AM **Big Rich Texas**
12.00 NOON **Revenge Body with Khloe Kardashian**
5.00 PM **Botched** A patient whose surgeon poked a hole through her nose. **6.00** A former TV star seeks a breast reduction after her boobs 'got huge on Snapchat'. **7.00** A woman who almost died from a nightmarish tummy tuck. **8.00** Medic Paul Nassif takes on a patient with a hole in her nose. **9.00** A woman with a mutated backside. **10.00** Help for a woman whose face was disfigured in an accident. **11.00** Surgeons Terry Dubrow and Paul Nassif attempt to salvage a man's dog bitten nose.
12.00 M'T **Ice Loves Coco**
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Blowing Up History**
12.00 NOON **Gold Rush** Six editions of the series, including at: **3.00** PM Tony pivots his crew to the 80 Pup cut, but a water pump failure stops them cold. **4.00** Parker gets down to paydirt, but disaster strikes when he hits a mine shaft. **5.00** An accident on Parker's claim leads to a harrowing rescue attempt.
6.00 **Gold Rush: Mine Rescue with Freddy & Juan** Expert gold miner Freddy Dodge helps struggling mine owners.

10.00 Expedition Bigfoot

7.00 **Deadliest Catch** Following the work of Alaskan crab fisherman as they brave the waves of the Bering Sea.
8.00 **Countdown to Collision** The world's most powerful hydroelectric dam, which provides power to more than 19 million people.
9.00 **Hoffman Family Gold** As winter settles in, the Hoffmans try to run through paydirt before their cut freezes over.
10.00 **Expedition Bigfoot** Russell uses a robotic dog to explore an abandoned mine and discovers some unusual evidence.
11.00 **Expedition X** Phil and Jess travel to Ireland to investigate a centuries-old secret society.
12.00 M'T **Mysteries of the Deep** A look at the Battle of Actium. **1.00** AM The tragic sinking of the cruise ferry *MS Estonia*.
2.00 **Mysteries of the Deep**
4.00 **to 5.00** AM **How It's Made**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Sharkwrecked: Crash Landing**
3.00 **Sharktacular 2016**
4.00 **My Cat from Hell** Jackson tries to save 50 kittens in LA.
5.00 **Lone Star Law** A suspected poacher is confronted.
6.00 **Tanked** Boxer Fernando Vargas requests a boxing glove-shaped tank for his gym.

8.00 My Tiny Terror

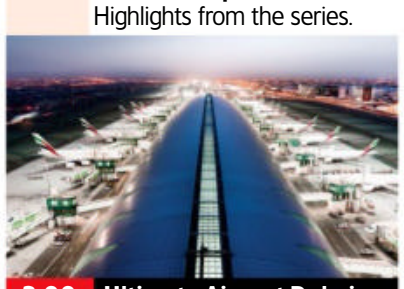
7.00 **How Do Animals Do That?** The science behind amazing animal facts. **7.30** Exploring how cats always land on their feet.
8.00 **My Tiny Terror** Dogs from the Greater Los Angeles area are visited by a no-nonsense canine behavioural therapist.
9.00 **My Tiny Terror** A dog called Looney barks so much that the man of the household wants to get rid of her.
10.00 **Edge of Alaska** Neil's project is over budget, while Jeremy and his boys go on a supply run and return with Jason Lobo.
11.00 **Legends of the Wild** Wilderness guide Damian Duffy and photographer Matt Hoffman trek into some of the world's most dangerous areas.
12.00 M'T **When Turkeys Attack**
1.00 AM **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Bid & Destroy**
9.00 **Drain the Oceans**
10.00 **Europe from Above** Croatia's loneliest lighthouse. **11.00** A view of the Canary Islands and Balearic Islands.
12.00 NOON **Car S.O.S** Tim Shaw and Fuzz Townshend secretly fix up a 1970s supercar. **1.00** PM The boys take on their most obscure car to date. **2.00** The duo restore the 1987 MG Metro 6R4 rally car.
3.00 **Ultimate Airport Dubai** Highlights from the series.



3.00 Ultimate Airport Dubai

7.00 **Air Crash Investigation** A private jet slams into an apartment building near the runway, killing all nine passengers.
8.00 **Air Crash Investigation** An early-morning flight from Lexington, Kentucky, ends in disaster.
9.00 **Air Crash Investigation** A plane ends up at the wrong end of a runway in fog, leading to a collision that kills eight people.
10.00 **Air Crash Investigation** An investigation into the crash of a plane that nosedived into a remote desert in Patagonia.
11.00 **Airport Security: First Class Rome** Police at Fiumicino Border investigate a criminal group smuggling drug money.
12.00 M'T **Banged Up Abroad**
2.00 AM **Lords of War**
2.55 **Made in a Day**
3.45 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Pawn Stars**
7.00 **Hardcore Pawn**
11.00 **History's Greatest Mysteries**
2.00 PM **Pawn Stars** Six editions of the series, including at: **4.00** Rick considers buying a rare banknote. **4.30** Flavor Flav brings in an OJ Simpson statue.
5.00 **Egypt's Unexplained Files** Ancient Egyptian obsession with death and the afterlife.
6.00 **Evidence of the Unexplained** A look at recently declassified top secret UFO files.

9.00 Alien Deception...

7.00 **Battle 360** The naval attack on the Solomon Islands, which was the first American invasion of World War Two.
8.00 **Battle 360** A CGI reconstruction of the World War Two battle of Santa Cruz, in which the *USS Hornet* was sunk.
9.00 **Alien Deception: The Biggest Lie in History** Documentary looking at allegations that, for decades, world governments have lied to the people about the alien presence on Earth.
10.30 **Sex: A Bonkers History** Actor Amanda Holden and historian Dan Jones explore how sexual behaviours through the ages have shaped civilisations in ways only now being appreciated.
11.30 **Pawn Stars** Five editions.
2.00 **to 6.00** AM **Hardcore Pawn**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Blues at the BBC**
7.10 **Impossible Engineering**
8.00 **Bangers & Cash**
1.00 PM **Inside the Factory** The production of bicycles. **2.00** The team explore the production of sweets. **3.00** A giant shoe factory.
4.00 **Great Continental Railway Journeys** Michael travels from Tangier to Marrakech. **5.00** A trip from the Italian Riviera to the Austrian Alps. **6.00** Michael travels across Latvia, Finland and Estonia.

8.00 Great Indian Railway...

7.00 **Great Continental Railway Journeys** Michael concludes his journey with a trip from Rotterdam to Utrecht.
8.00 **Great Indian Railway Journeys** Michael Portillo embarks on a rail journey from Amritsar to Shimla.
9.00 **Great Indian Railway Journeys** Michael travels from Jodhpur to Delhi, heading into the desert to take a camel ride.
10.00 **One Foot in the Grave** The Meldrew household falls foul of an evil curse. **10.40** Victor makes a fresh start with a new job.
11.20 **One Foot in the Grave** A hole appears at the bottom of the garden, causing Victor to fly into a rage.
12.00 M'T **Bangers & Cash** An MG Midget and an RS2000 come up for auction.
1.00 AM **Railway Murders**
2.00 **to 3.00** AM **Blues at the BBC**

+1 hour 255 329 74

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

144 144 834 137 12 172

6.00 AM **Massive Engineering Mistakes** Documentary.
7.00 **Bennetts British Superbikes**
8.00 **Chasing Classic Cars**
9.00 **Wheeler Dealers**
2.00 PM **The Repair Shop**
3.00 **Love Your Garden**
5.00 **The Repair Shop**
6.00 **Wheeler Dealers**
7.00 **Salvage Hunters**
8.00 **Who Do You Think You Are?** Ruby Wax learns more about how her parents fled from Vienna to escape the Nazis.
9.00 **The Repair Shop** The team restore a coffee table, a wind-up panda and a coconut scraper.
10.00 **Hotel Inspector: You're Fired**
11.00 FILM **Ransom** Thriller starring Mel Gibson. A maverick airline executive turns the tables on the ruthless kidnappers who are holding his son to ransom. (1996, 15, 121 min) ★★★
1.30 AM **Border Control Sweden**
2.30 **Supertruckers**
3.30 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Hoarding: Buried Alive**
11.00 **Forensic Detectives**
1.00 PM **Disappeared**
3.00 **Say Yes to the Dress: Lancashire** Double bill.
5.00 **Say Yes to the Dress**
7.00 **Long Lost Family** A woman hopes to meet the son that she gave up for adoption.
8.00 **The Killer in My Family** Relatives of serial killer Arthur Hutchinson speak out.
9.00 **Murder on CCTV** New edition In 2015, Jonathan Cherol is shot dead in his garden.
10.00 **The Price of Glee** Cast and crew recount the rise of *Glee*. **11.00** Friends reveal *Glee* star Cory Monteith's final moments. **12.00** M'T How misfortune plagues the legacy of *Glee*.
1.00 AM **Forensic Detectives**
2.00 **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **Crimes That Shook Australia**
7.00 **Medical Detectives** How authorities traced a gun without a serial number. **7.30** How the FBI identified a St Louis serial murderer. **8.00** The hunt for a rapist, revealing how police had only a single sketch of the man and 900 possible suspects. **8.30** A family contract three separate deadly illnesses.
9.00 **Ron Iddles: The Good Cop** New editions A look at the murder of Jane Thurgood-Dove. **10.00** The detective cracks open a case involving murder, drugs and a criminal underworld.
11.00 **Murder She Solved** Detective Tracy Gerrish discusses a disturbing investigation. **12.00** M'T A homicide sergeant captures a murderer.
1.00 AM **Ron Iddles: The Good Cop**
3.00 **Crimes That Shook Australia**
4.40 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Highway Patrol**
11.00 **UK Border Force**
12.00 NOON **How I Caught the Killer** The case of Susan Eyre.
1.00 PM **Forensics: Catching the Killer** A look at how forensics helped solve the murder of Becky Godden-Edwards.
2.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
6.00 **Killing Mum and Dad**
7.00 **What the Killer Did Next** When a woman is found dead, police realise that an apparent suicide is not what it seems.
8.00 **Britain's Most Evil Killers** The crimes of Christopher Halliwell.
9.00 **The Cheshire Murders** Exploring the 2007 murders of a family in Connecticut.
11.30 **Britain's Most Evil Killers**
12.30 AM **How I Caught the Killer**
1.30 **Murder in Amish Country**
2.30 **Snapped** Willa Blanc.
3.30 **Road Wars** Double bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.40 **Can Psychedelics Cure?**
9.55 **Frontline** Documentary.
11.05 **Shackleton: The Greatest Story of Survival** As 7.45pm.
1.00 PM **After Uvalde: Guns, Grief & Texas Politics** As 9.40pm.
2.10 **WWII in Color: Road to Victory** The German army prepare to capture the British at Dunkirk. **3.15** In 1939, a German U-boat fires its first torpedo. **4.20** Churchill realises the importance of the Suez Canal. **5.30** Hitler must deliver a knockout blow to regain the initiative against Stalin. **6.35** Britain prepare for their first assault on Europe.
7.45 **Shackleton: The Greatest Story of Survival** The story of explorer Ernest Shackleton.
9.40 **After Uvalde: Guns, Grief & Texas Politics** Maria Hinojosa examines the police response to the Uvalde school shooting.
10.55 **Frontline** Documentary.
12.00 M'T **to 2.00** AM **Shackleton: The Greatest Story of Survival**

SATURDAY

Saturday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Richard Attenborough**
7.00 **Discovering: John Hurt**
8.00 **The Directors**
10.00 **Sergio Leone: The Italian Who Invented America**
12.00 NOON **Steve McQueen: The Lost Movie** Documentary.
1.50 PM **My Icon: Casey Stoney**
2.00 **Spielberg** Documentary.
4.45 **My Icon: Ebony Rainford-Brent**
5.00 **I Am Bruce Lee**
6.45 **Telemarketers** Series finale
8.00 **The Russell Murders: Who Killed Lin and Megan?** New edition 2/3. The murders of Lin and Megan Russell.
9.00 NEW **Otto Baxter: Not a F***ing Horror Story** Following a horror movie director with Down's syndrome.
10.45 NEW **The Puppet Asylum** Otto Baxter's short horror film.
11.30 **The Slow Hustle**
1.15 AM FILM **Next Goal Wins** Football documentary. (2014, 15, 95min) ★★★★
3.10 **Against the Tides**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Dogs with Extraordinary Jobs** Five editions of the series.
11.00 **Attenborough's Journey**
12.00 NOON **Wild Crusades**
1.00 PM **Wildlife ER**
2.00 **Rewilding** Triple bill.
5.00 **Matsalu Moose: Wild Giants of the Baltics** Documentary.
6.00 **The Bachelor King**
7.30 **Wild Workers** How some of the world's smallest creatures create the planet's best architecture.
8.00 **Shark with Steve Backshall** The sharks of the Pacific Ocean.
9.00 **Shark: British Isles Special with Steve Backshall** The naturalist encounters sharks in Scotland, Wales and Cornwall.
10.00 **Guardians of the Wild** The team relocate two boisterous baby elephants. **11.00** Why Zambia's kinda baboons have turned their back on aggression.
12.00 M'T **Shark Squad**
1.00 AM **Battle of the Alphas**
2.00 NEW **Monkeys and More: Our Closest Relatives**
3.00 **to 6.00** AM **Rewilding**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
9.00 **Rust Valley Restorers**
10.00 **SOS: Stories of Survival**
11.00 **Ancient Aliens**
2.00 PM **Shipwrecks: When History Resurfaces**
3.00 **James Nesbitt: Disasters That Changed Britain**
4.00 **Ancient Murders Unearthed**
5.00 **Monsterquest**
7.00 **Britain's Greatest Obsessions** Liza Tarbuck tackles the national obsession with all things weather-related.
8.00 **Ancient Aliens** Investigating whether insects could be descended from aliens. **9.00** Theorists investigate a currently unidentified species represented in human DNA.
10.00 **Secrets of Great British Castles** Dan Jones explores the history of Warwick Castle, which was established by William the Conqueror in 1068.
11.00 **Clash of the Gods**
1.00 AM **Ancient Aliens**
5.00 **to 6.00** AM **Walking Through History: Channel Islands**

Crime+Investigation

156 156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam**
12.00 NOON **Killer Town**
4.00 PM **Homicide Hunter**
7.00 **The First 48** In Georgia, a man celebrating his 21st birthday is shot dead at a house party.
8.00 **The Real Murders of Orange County** A young mother is killed in her bed in what seems to be a random act of spite, but the true killer is revealed years later to be a twisted manipulator.
9.00 **The Real Murders of Atlanta** An Atlanta actor's dreams of stardom are shattered when his life is cruelly snatched away.
10.00 **Women on Death Row** Melissa Lucio, sentenced to death for the murder of her daughter.
11.00 **My Strange Arrest**
11.30 **Court Cam** Four editions.
2.00 **Murdered By Morning**
3.00 **Criminal Confessions**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Cesar Millan: Better Human Better Dog** Double bill.
11.00 **Yukon Vet**
12.00 NOON **Snakes in the City**
2.00 PM **Animal Fight Club**
4.00 **Australia's Deadly Monsters**
7.00 **Exotic Animal ER** A chicken is rushed in as an emergency with huge lacerations on her neck.
8.00 **Cesar Millan: Better Human Better Dog** Cesar works with a pair of large adolescent dogs adopted during the pandemic.
9.00 **The Incredible Dr Pol** New edition The pets of Central Michigan are in a jam, and it's up to Pol Veterinary Services to get them unstuck. **10.00** The vets piece together a mangled dog, do a check-up on some chinchillas and deflate a severely bloated steer.
11.00 **Snakes in the City** A nun flees for her life from a spitting cobra.
12.00 M'T **When Sharks Attack**
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **How It's Made**
9.00 **Salvage Hunters: The Restorers**
10.00 **Salvage Hunters: The Restorers – Quick Fixes**
12.00 NOON **Salvage Hunters**
3.00 PM **Wings of War**
5.00 **Combat Dealers** Bruce Crompton gets his hands on a Volkswagen Schwimmwagen. **6.00** Bruce recreates a D-Day parachute jump. **7.00** Bruce visits Germany.
8.00 **The Unexplained Files** A UFO is seen hovering above a Chicago airport. **9.00** Alleged resurrections lead to rumours of zombies.
10.00 **Unsolved History** The mysteries surrounding Area 51 in the US state of Nevada.
11.00 **Unsolved History: Korean Airline Disaster**
12.00 M'T **Greatest Events of World War II** Double bill.
2.00 AM **Combat Dealers**
3.00 **to 5.00** AM **Salvage Hunters**

+1 hour 277 381

Eden

166 176

9.00 AM **Abandoned Engineering**
11.00 **The Architecture the Railways Built** Double bill of editions.
1.00 PM **The Architecture the Railways Built** Five editions.
6.00 **The Architecture the Railways Built** Tim Dunn visits the Ffestiniog in Wales and learns about Amsterdam Centraal. **7.00** Tim visits London's King's Cross and learns of Bristol's funicular railway. **8.00** Tim heads to Ribblehead Viaduct in the Yorkshire Dales, and talks to the man who saved it from closure. **9.00** Tim follows his family's roots by exploring Metroland. **10.00** Tim explores the ornate St Pancras station in London and its sister hotel. **11.00** Tim explores the disused Tube station Down Street in Mayfair, which played a crucial role during World War Two.
12.00 M'T **The Architecture the Railways Built** Six editions.
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **Web of Lies**
7.00 **Teleshopping**
8.00 **Reasonable Doubt**
2.00 PM **Home Sweet Homicide**
3.00 **Murder Comes to Town**
4.00 **Living a Nightmare**
5.00 **Diabolical: Deadly Love**
6.00 **Murder in the Heartland** The disappearance of Lorie Kirkley.
7.00 **Disappeared** The case of teenager Samantha Bonnell. **8.00** The case of Florida firefighter Brandy Hall.
9.00 **People Magazine Investigates** Focusing on the death of NBA star Lorenzen Wright.
10.00 **Web of Lies** The deaths of a mother and her two sons. **11.00** The murder of 12-year-old Justin Bloxom.
12.00 M'T **People Magazine Investigates** A case from 1995, involving the death of a 16-year-old student.
1.00 AM **Nightmare Next Door**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Vintage Voltage**
9.00 **How It's Made**
12.00 NOON **Texas Metal**
4.00 PM **British Superbikes** Action from round nine at Oulton Park.
5.00 **Outback Truckers** Husband-and-wife truckers Nick and Jo recover a 70-year-old war plane. **6.00** Russell Crusher runs into some trouble. **7.00** Graham faces grass fires while moving a section of railway.
8.00 **Demolition Down Under** Tensions run high at the demolition site of a massive Gold Coast warehouse. **9.00** Bringing down a massive old factory in Sydney proves to be dangerous work due to an asbestos roof. **10.00** A nondescript house holds an unexpected find.
11.00 **Destroyed in Seconds**
1.00 AM **Massive Engineering Mistakes** The problems the Aon Center faced.
2.00 **to 5.00** AM **Misfit Garage**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Cinema List: Sky Originals**
6.15 **Something in the Dirt** (2022)
8.15 **Accident Man: Hitman's...**
10.05 PREMIERE **Marcel the Shell...**
11.55 **Knock at the Cabin** (2022)
1.50 PM **Something in the Dirt** Comedy. (2022, 15) ★★★★
3.50 PREMIERE **Marcel the Shell with Shoes On** Animated comedy. (2021, PG, 90min) ★★★★ *See review, page 22.*
5.30 **80 for Brady** Comedy. (2022, 12, 98min) ★★★

3.50 Marcel the Shell with...

7.15 **Knock at the Cabin** Horror mystery starring Dave Bautista. (2022, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **God Is a Bullet** Crime thriller starring Nikolaj Coster-Waldau. A former detective infiltrates the cult that murdered his ex-wife and kidnapped his daughter with the help of its only escapee. With Maika Monroe. (2023, 18, 156min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Accident Man: Hitman's Holiday** Crime comedy sequel. (2022, 15, 96min) ★★
12.55 AM PREMIERE **Swallowed** Horror starring Cooper Koch, Jose Colon and Jena Malone. (2022, 18, 96min) ★★
2.45 **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.35 AM **Sky Cinema Preview**
7.35 **Aisha** As shown at 3.25am.
9.15 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
11.30 **The Desperate Hour** Thriller. (2021, 12, 84min) ★★★★
1.05 PM **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
3.35 **Angels & Demons** Thriller. (2009, 12, 138min) ★★
5.55 **Inferno** Thriller starring Tom Hanks and Felicity Jones. (2016, 12, 121min) ★★★

8.00 Men in Black: International

8.00 **Men in Black: International** Fantasy comedy sequel starring Chris Hemsworth and Tessa Thompson. The intergalactic law enforcers tackle their biggest threat – a mole in the Men in Black organisation. (2019, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bullet Train** Comedy thriller starring Brad Pitt. Five assassins aboard a swiftly moving train discover that their missions have something in common. (2022, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Blair Witch Project** Documentary-style chiller. (1999, 15, 76min) ★★★★
1.40 **False Positive** Horror thrilller. (2021, 15, 92min) ★★
3.25 **Aisha** Irish drama with Letitia Wright. (2022, 12) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.10 AM **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
8.15 **Alice** As shown at 1.00am.
10.05 **P.S. I Love You** Romantic comedy drama starring Hilary Swank. (2007, 12, 121min) ★★★
12.15 PM **I Wanna Dance with Somebody** Music biopic. (2022, 12, 144min) ★★★★
2.45 **Straight Outta Compton** Biopic. (2015, 15, 147min) ★★★

5.20 **The Last Samurai** Epic action drama starring Tom Cruise. (2003, 15, 154min) ★★★★
8.00 **Alfie** Comedy drama remake starring Jude Law as a womanising limousine driver who enjoys a carefree existence in Manhattan flitting from one romantic conquest to the next. (2004, 15, 106min) ★★★
9.50 **Babylon** Comedy drama with Brad Pitt, Margot Robbie, Jovan Adepo and Diego Calva. (2022, 18, 188min) ★★★★

1.00 AM **Alice** Crime thriller. (2022, 15, 100min) ★★★
2.50 **Brooklyn** Drama with Saoirse Ronan and Domhnall Gleeson. (2015, 12, 109min) ★★★★
4.50 **to 6.30** AM **My Neighbor Adolf** Comedy drama. (2022, 12, 96min) ★★

Sky Cinema Dystopia

311 311 411 511 525

6.15 AM **Critters Attack!** As 4.05am.
7.50 **After Earth** As 2.15am.
9.35 **Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★
11.30 **Looper** Time-travel thriller. (2012, 15, 119min) ★★★★
1.30 PM **Something in the Dirt** Sci-fi comedy drama. (2022, 15, 116min) ★★★★
3.30 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★

6.20 **The Cabin in the Woods** Horror starring Kristen Connolly. (2011, 15, 91min) ★★★★
8.00 **M3gan** Horror thriller starring Allison Williams. A robotics engineer at a toy company builds a life-like doll that begins to take on a life of its own. (2022, 15, 102min) ★★★
10.00 **The Island** Sci-fi action thriller starring Ewan McGregor, Scarlett Johansson, Djimon Hounsou and Sean Bean. (2005, 12, 136min) ★★★

12.20 AM **Biosphere** Comedy drama. (2022, 15, 106min) ★★★
2.15 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
4.05 **Critters Attack!** Horror comedy. (2019, 15, 89min) ★★
5.40 **to 6.00** AM **The Cinema List: The 90s**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.15 AM **The Prince & Me** (2004)
8.15 **Mee-Shee: The Water Giant**
9.55 **Sonic the Hedgehog 2** Comedy. (2022, PG) ★★★
12.00 NOON **Power Rangers** Fantasy. (2017, 12, 119min) ★★★
2.10 PM **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★
4.00 **Peter Rabbit 2** Adventure sequel. (2020, U, 93min) ★★★
5.45 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★

9.05 The Portable Door

The Lord of the Rings: The Return of the King (film started at 5.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

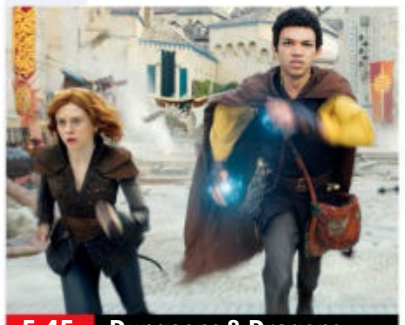
9.05 **The Portable Door** Fantasy adventure starring Christoph Waltz and Sam Neill. Two interns eventually discover the true agenda of the corporation where they work. With Patrick Gibson and Sophie Wilde. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Mortal Instruments: City of Bones** Romantic fantasy adventure starring Lily Collins, Jamie Campbell Bower and Robert Sheehan. (2013, 12, 127min) ★★★
1.20 AM **The Prince & Me** Comedy. (2004, PG, 111min) ★★
3.15 **A Tiger's Tail** Family drama. (2014, U, 81min) ★★★
4.40 **to 6.20** AM **Mee-Shee: The Water Giant** Adventure. (2005, PG, 94min) ★★★

Sky Cinema Action

307 307 407 507 521

6.00 AM **Gunpowder Milkshake** Thriller. (2021, 15) ★★★
8.00 **Fist of Fury** (1972, 18) ★★★
9.50 **Jackie Chan's The Tuxedo** Comedy. (2002, 12) ★★
11.30 **The Lost City** (2022, 12) ★★★
1.30 PM **The Bourne Ultimatum** Thriller. (2007, 12) ★★★★
3.30 **Top Gun: Maverick** Action drama. (2022, 12) ★★★★
5.45 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12) ★★★★


5.45 Dungeons & Dragons

8.00 **The Expendables** Action adventure directed by and starring Sylvester Stallone. A veteran mercenary and his team undertake a dangerous mission to overthrow the corrupt dictator of a South American island. (2010, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Expendables 2** Action adventure sequel starring Sylvester Stallone, Jason Statham, Jean-Claude Van Damme, Bruce Willis and Arnold Schwarzenegger. (2012, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Expendables 3** Action sequel with Sylvester Stallone. (2014, 12, 126min) ★★
2.00 AM **Kickboxer** Martial arts thriller. (1989, 18, 105min) ★
3.45 **to 6.00** AM **American Night** Crime drama starring Jonathan Rhys Meyers. (2021, 15, 123min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.35 AM **Around the World in 80 Days** (2004, PG) ★★★
8.40 **50/50** As shown at 11.50pm.
10.25 **Shaun of the Dead** Horror comedy. (2004, 15) ★★★★
12.15 PM **Hot Fuzz** Thriller spoof. (2007, 15, 115min) ★★★★
2.25 **The World's End** Sci-fi comedy. (2013, 15, 109min) ★★★★★
4.20 **Kate & Leopold** Comedy. (2001, 12, 118min) ★★★
6.25 **Black Sheep** Comedy. (1996, 12, 87min) ★★

6.25 Black Sheep

8.00 **Meet the Fockers** Comedy sequel starring Robert De Niro, Ben Stiller, Dustin Hoffman and Barbra Streisand. A hapless male nurse travels to Florida to introduce his prospective in-laws to his own parents. (2004, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

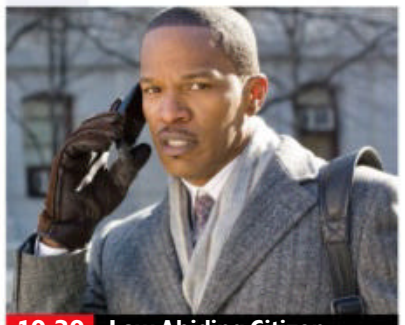
10.00 **I Love You, Man** Comedy starring Paul Rudd and Jason Segel. (2009, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **50/50** Comedy drama with Joseph Gordon-Levitt, Seth Rogan and Anna Kendrick. (2011, 15, 99min) ★★★★
1.35 AM **Bros** Comedy romance starring Luke Macfarlane. (2022, 15, 115min) ★★★★
3.40 **Carry On Spying** James Bond spoof with Kenneth Williams. (1964, b/w, U, 84min) ★★★★
5.15 **to 7.00** AM **Rough Night** Comedy starring Scarlett Johansson. (2017, 15) ★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Sky Cinema Preview**
6.40 **Raging Fire** As 4.30am.
8.50 **Barbarians** (2021, 15) ★★★
10.35 **9 Bullets** (2022, 15) ★
12.25 PM **Limitless** Action thriller. (2011, 15, 104min) ★★★★
2.25 **The Taking of Pelham 123** Thriller. (2009, 15) ★★★
4.15 **The Cinema List: Whodunnit?**
4.30 **Focus** Comedy crime drama. (2015, 15, 105min) ★★★
6.25 **Identity** Mystery thriller. (2003, 15, 90min) ★★★


10.30 Law Abiding Citizen

8.00 **A Time to Kill** Courtroom drama based on the bestseller by John Grisham, starring Matthew McConaughey and Samuel L Jackson. An ambitious young lawyer defends a man who shot dead the Mississippi rednecks who raped his daughter. With Sandra Bullock (1996, 15, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Law Abiding Citizen** Thriller starring Jamie Foxx and Gerard Butler. (2009, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
2.20 **Hunt** South Korean thriller directed by and starring Lee Jung-jae. Subtitled. (2022, 15, 125min) ★★★
4.30 **to 6.40** AM **Raging Fire** Hong Kong adventure. Subtitled. (2021, 15, 126min) ★★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U) ★★★
12.40 PM **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
2.45 **Mr Popper's Penguins** Family comedy. (2011, PG) ★★★
4.35 **The Day the Earth Stood Still** Sci-fi thriller remake. (2008, 12, 104min) ★★
6.50 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★

6.50 Footloose

Footloose (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM **9.00** **Clear and Present Danger** Action thriller starring Harrison Ford, Willem Dafoe and Anne Archer. CIA agent Jack Ryan discovers links between a Colombian drugs cartel and the American government. (1994, 12, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **10 PM** **11.50** **Brightburn** Superhero horror starring Elizabeth Banks. A couple struggling to conceive think their prayers have been answered when an extra-terrestrial child crash-lands on Earth. (2019, 15, 90min) ★★★
1.40 **to 4.00** AM **Mr. & Mrs. Smith** Black comedy thriller starring Brad Pitt and Angelina Jolie. (2004, 15, 120min) ★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 302 402 502 516

6.30 AM **Lyle, Lyle, Crocodile** Musical starring Javier Bardem. (2022, PG, 106min) ★★★
8.30 **Book of Love** As 3.45am.
10.30 **Begin Again** Comedy drama. (2013, 15, 102min) ★★★★
12.25 PM **Grown Ups** Comedy. (2010, 12, 102min) ★★★
2.15 **The Truman Show** Satirical comedy starring Jim Carrey. (1997, PG, 99min) ★★★★
4.05 **Mrs Harris Goes to Paris** Period comedy drama. (2022, PG, 115min) ★★★★
6.10 **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
8.00 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
10.20 **Grown Ups 2** Comedy sequel with Adam Sandler and Kevin James. (2013, 12, 101min) ★
12.05 AM **The Phantom of the Open** Sports comedy drama. (2021, 12, 106min) ★★★★
1.55 **Kinky Boots** Comedy with Joel Edgerton and Chiwetel Ejiofor. (2005, 12, 107min) ★★★★
3.45 **Book of Love** Romantic comedy starring Sam Claflin. (2022, 12, 106min) ★★★
5.35 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Directors

304 304 404 504 518

6.30 AM **The Last of the Mohicans** Epic romantic adventure. (1992, 15, 122min) ★★★★
8.35 **Black Hawk Down** Director Ridley Scott's war drama. (2001, 15, 144min) ★★★
11.10 **Gladiator** Ridley Scott's historical epic. (2000, 15, 154min) ★★★★
1.50 PM **Jaws** Director Steven Spielberg's monster thriller. (1975, 12, 125min) ★★★★★
3.55 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
5.50 **Jurassic Park** Steven Spielberg's monster thriller with Sam Neill and Laura Dern. (1993, PG, 127min) ★★★★★
8.00 **The Terminal** Steven Spielberg's comedy drama starring Tom Hanks and Catherine Zeta-Jones. (2004, 12, 129min) ★★★★
10.10 **Pulp Fiction** Quentin Tarantino's black crime comedy. (1994, 18, 154min) ★★★★★
12.50 AM **Interview with the Vampire** Gothic horror based on the bestseller by Anne Rice, starring Tom Cruise and Brad Pitt. (1994, 18, 122min) ★★★★
3.00 **Jaws** As shown at 1.50pm.
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Norm of the North: King-Sized Adventure** (2019)
8.00 **Happy Halloween, Scooby-Doo!**
9.20 **Fly Me to the Moon** (2008)
10.50 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
12.35 PM **Minions: The Rise of Gru** Animated comedy prequel. (2022, U, 88min) ★★★
2.10 **DC League of Super-Pets** Animation. (2022, PG) ★★★
4.00 **Happy Feet** Animated musical. (2006, U, 108min) ★★★★
5.50 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
7.35 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
9.10 **Norm of the North: King-Sized Adventure** Animation. (2019, U, 90min) ★★
10.45 **Happy Halloween, Scooby-Doo!** Animation. (2020, U) ★★★
12.10 AM **Fly Me to the Moon** Animation. (2008, U) ★★
1.40 **Mia and Me: The Hero of Centopia** Animated adventure. (2022, U, 85min) ★★★
3.10 **Lego DC Super Heroes: Justice League – Attack of the Legion of Doom!** Animated adventure. (2015, U, 73min) ★★★
4.35 **to 6.10** AM **Riverdance: The...**

Movies 24

325 419

7.00 AM **Her Pen Pal** Romantic drama. (2021, PG, 84min) ★★
9.00 **Scented with Love** Romantic drama. (2022, PG, 83min) ★★
11.00 **The Honeymoon Murder: An Aurora Teagarden Mystery** Drama. (2021, PG, 84min) ★★
1.00 PM **You Had Me at Aloha** Romantic drama with Pascale Hutton. (2021, PG, 84min) ★★
3.00 **Feature Film**
5.00 **Marry Go Round** Romantic comedy starring Amanda Schull. (2022, PG, 84min) ★★
7.00 **Ships in the Night: A Martha's Vineyard Mystery** Crime drama starring Jesse Metcalfe. (2021, PG, 89min) ★★
9.00 **It Was Always You** Romantic drama starring Erin Krakow and Tyler Hynes. A woman's meets her fiancé's brother, and starts to question if going through with the wedding is the right thing to do. (2021, PG, 86min) ★★
11.00 **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
1.00 AM **A Time To Kill: Mystery 101** Drama. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **Caribbean Summer** Comedy. (2022, PG, 84min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Look at Life**
6.15 **Hangman's Wharf** Drama. (1950, b/w, U, 74min) ★★
7.25 **The Way Out** (1955, b/w, U) ★★
9.00 **Stories from Toytown**
9.15 **The Adventures of Robin Hood**
9.45 **Zorro's Black Whip** 6/12. (S1)
10.05 **Tim Driscoll's Donkey** Comedy. (1955, b/w, U, 59min) ★
11.15 **Radar Men from the Moon**
11.30 **The Buccaneers** (S1)
12.00 NOON **Planet Outlaws** Adventure. (1953, b/w, PG) ★★
1.25 PM **Turn of Fate** (S1)
2.00 **The Outer Limits** (S2)
3.00 **Thunderbirds** (S1)
4.05 **The Aviator** Aerial adventure. (1985, PG, 93min) ★
6.05 **The Plank** Wordless comedy. (1967, U, 54min) ★★★
7.00 **In Suspicious Circumstances**
8.00 **Maigret** 11/13. (S2)
9.00 **The Four Just Men** (S1)
9.30 **Love, Cheat & Steal** Thriller. (1993, 18, 95min) ★★
11.25 **Day of the Nightmare** Thriller. (1965, b/w, PG, 89min) ★★
1.15 AM **Woman Times Seven** Comedy. (1967, 12, 99min) ★★
3.25 **Danger Route** Spy drama. (1967, PG, 92min) ★★
5.15 **to 6.00** AM **Rhubarb** Comedy. (1968, U, 37min) ★★

SATURDAY Sport

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **LIVE Formula 1** The Japanese Grand Prix qualifying session, which takes place at Suzuka International Racing Course. Start-time **7.00am**.
8.00 **LIVE Solheim Cup Golf Europe v USA.** Coverage of the foursomes matches on day two of the women's team competition from Finca Cortesin in Andalucia.
12.30 PM **LIVE Solheim Cup Golf Europe v USA.** Coverage of the fourballs matches on the second day of the women's team competition from Finca Cortesin.
5.00 **LIVE SNF Brentford v Everton.** Coverage of the Premier League match, which takes place at Gtech Community Stadium. Kick-off **5.30pm**.
8.30 **Formula 1** Japanese Grand Prix.
9.30 **Sky Sports News**
12.30 AM **LIVE NCAA College Football Notre Dame Fighting Irish v Ohio State Buckeyes.** Coverage of the match, which takes place at Notre Dame Stadium. Kick-off **12.30am**.
4.00 **Sky Sports News**
4.30 **to 5.55** AM **Formula 1** Build-up to the Japanese Grand Prix.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League: Big Interview**
9.30 **Premier League Preview**
10.00 **Soccer Saturday Pre-Match**
10.30 **Saturday Social**
12.00 NOON **Soccer Saturday Pre-Match** Build-up.
3.00 PM **Gillette Labs Soccer Saturday** Updates and results.
5.00 **LIVE SNF Brentford v Everton.** Coverage of the Premier League match, which takes place at Gtech Community Stadium. Kick-off **5.30pm**.
8.30 **Premier League Years** Classic games from the 2011/12 season.
10.30 **Premier League Highlights** Crystal Palace v Fulham. **11.00** Action from Luton Town v Wolverhampton Wanderers. **11.30** Highlights of Manchester City v Nottingham Forest.
12.00 M'T **SNF** Brentford v Everton.
12.30 AM **Premier League Highlights**
2.00 **SNF** Brentford v Everton.
2.30 **Premier League Highlights**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Highlights**
6.15 **EFL** Blackpool v Cardiff City.
7.45 **EFL Highlights**
8.00 **Edinburgh Derby Best Goals**
8.30 **Bundesliga: Ultimate No.9**
9.00 **EFL Highlights**
9.15 **Old Firm Derby Best Goals**
9.45 **Bundesliga: Ultimate No.9**
10.15 **EFL Highlights**
10.30 **Saturday Social**
12.00 NOON **LIVE SPFL Livingston v Celtic.** From Tony Macaroni Arena. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **EFL Highlights**
5.15 **Bundesliga Legends**
5.20 **LIVE Bundesliga Werder Bremen v FC Cologne.** Coverage of the match at Weserstadion. Kick-off **5.30pm**.
7.30 **Bundesliga: Ultimate No.9**
8.00 **SPFL** Livingston v Celtic.
10.00 **EFL Cup Highlights**
11.00 **SPFL Highlights**
11.15 **EFL Highlights**
11.30 **EFL Greatest Games**
1.00 AM **Championship Season Review** The 2013/14 campaign.
2.00 **EFL Trophy Football**
2.30 **Jimmy Glass: Great Escape**
3.00 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **World Cup Cricket Classics** England v Pakistan in the 1992 final at Melbourne Cricket Ground.
7.00 **One-Day International Cricket** Action from England v Ireland.
7.55 **The Barest of Margins**
8.50 **World Cup Bitesize** New Zealand v England in 2019.
9.15 **Champagne Super Over**
9.35 **One-Day International Cricket** Action from England v Ireland.
10.30 **LIVE One-Day International Cricket England v Ireland.** Coverage of the second match in the three-game series, which takes place at Trent Bridge.
7.00 PM **ICC Men's CWC: Preview**
8.00 **ICC Men's Cricket World Cup: The Expert's View** A look ahead to the World Cup in India.
9.00 **One-Day International Cricket** The second match in the series between England and Ireland.
10.00 **Cricket World Cup**
11.00 **One-Day International Cricket**
12.00 M'T **How the 2007 ICC World Cup Was Won** Archive action.
3.00 AM **One-Day International Cricket** England v Ireland.
4.00 **World Cup Cricket Classics**
5.00 **to 6.00** AM **Cricket World Cup**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **From Scratch: Cara Gainer**
6.15 **Solheim Cup Golf**
6.30 **LIVE Solheim Cup Golf Europe v USA.** Coverage of the foursomes matches on day two of the women's team competition from Finca Cortesin in Andalucia.
12.30 PM **LIVE Solheim Cup Golf Europe v USA.** Coverage of the fourballs matches on the second day of the women's team competition, which takes place at Finca Cortesin in Andalucia, Spain.
7.00 **Suzann Pettersen: Her Final Putt** The career of former ladies' world number one Suzann Pettersen, from her two Major wins to Solheim Cup success.
7.45 **Solheim Cup Golf** Revisit a memorable Solheim Cup year at Golf Club St Leon-Rot in 2015. **8.00** Action from day two.
9.00 **Women in Golf: Breaking with Tradition** Documentary.
10.00 **Solheim Cup Golf**
11.00 **Portrait of a Captain: Catriona**
11.30 **Challenge Tour Golf**
12.00 M'T **Solheim Cup Golf**
4.00 AM **Golf Academy**
4.30 **Solheim Cup Golf**
5.30 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **Premier League Preview**
6.30 **The Fantasy Show**
7.00 **Ligue 1** Monaco v Nice.
8.00 **Serie A** Salernitana v Frosinone.
9.00 **WWE Friday Night SmackDown**
10.30 **No Filter Football**
10.45 **The Fantasy Show**
11.15 **Premier League Preview**
11.45 **No Filter Football**
12.00 NOON **LIVE National League Woking v York City.** Coverage from Laithwaite Community Stadium. Kick-off **12.30pm**.
2.45 PM **Packer: The Man Who Changed Cricket**
4.15 **CPL** A qualifier play-off match.
4.45 **MotoGP** Grand Prix of India.
5.15 **LIVE Serie A Sassuolo v Juventus.** The top-flight match.
7.00 **LIVE Premier League Burnley v Manchester United.** Coverage of the top-flight match at Turf Moor. Kick-off **8.00pm**.
10.30 **National League Highlights**
11.00 **LIVE MLB Cleveland Guardians v Baltimore Orioles.** At Camden Yards. Start-time **11.10pm**.
2.30 AM **MLB: Off the Bat**
3.00 **AFL** A Finals Series match.
5.00 **MotoGP** Grand Prix of India.
5.30 **to 6.00** AM **Ariel Helwani Meets**

TNT Sports 2

411 411 871 | 528 | 409 431

7.45 AM **The Fantasy Show**
8.15 **MotoGP Rewind**
8.30 **LIVE MotoGP** The Grand Prix of India Moto2 and Moto3 qualifying sessions from Uttar Pradesh.
10.30 **LIVE MotoGP** The Grand Prix of India MotoGP sprint race.
12.00 NOON **SHEENE**
1.15 PM **MotoGP Rewind**
1.30 **Premier League Preview**
2.00 **WWE Monday Night Raw**
4.30 **Ariel Helwani Meets**
5.00 **PSA Squash Highlights**
6.00 **CPL** A qualifier play-off match.
6.30 **Asia Cup Cricket**
7.00 **MotoGP** Grand Prix of India.
7.30 **LIVE Fight Night Live Zhilei Zhang v Joe Joyce.** The bout for the WBO interim world heavyweight title at OVO Arena.
12.00 M'T **Make It Or Die Trying: The Frank Warren Story**
1.30 AM **What I Wish I Wore**
1.45 **UEFA Champions League Goals Reload** Matchday one.
2.00 **LIVE MLB Los Angeles Dodgers v San Francisco Giants.** Coverage of the National League West match at Dodger Stadium. Start-time **2.10am**.
5.30 **to 6.00** AM **MLB: Off the Bat**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **WSL Championship Tour**
7.00 **Premiership Rugby Cup**
8.30 **AFL** A Finals Series match.
10.30 **LIVE AFL** A play-off match.
1.30 PM **UEFA Champions League Magazine** The latest news.
2.00 **WSL Championship Tour**
3.00 **Premiership Rugby Cup**
4.30 **Fishing: On the Bank**
5.30 **Champions League Highlights**
7.30 **LIVE Serie A Lazio v Monza.** The Italian top-flight match at Stadio Olimpico. Kick-off **7.45pm**.
9.45 **UEFA Champions League Goals Reload** Matchday one.
10.00 **LIVE UFC Fight Night Prelims** Coverage of the preliminary bouts from UFC Apex in Las Vegas, including Ricardo Ramos v Charles Jourdain.
12.00 M'T **LIVE UFC Fight Night** Coverage of the UFC Fight Night card, which takes place at UFC Apex in Las Vegas, headlined by Rafael Fiziev v Mateusz Gamrot in the lightweight division.
3.30 AM **MotoGP** Grand Prix of India.
4.00 **SHEENE** The life of two-time world champion Barry Sheene.
5.00 **CPL** A qualifier play-off match.
5.30 **to 6.00** AM **TNT Sports Reload**

Sky Sports NFL

407 407 865 | 517 507 | 426 446

6.00 AM **NFL Bitesize Highlights**
8.00 **NFL Highlights**
9.00 **NFL Gameday**
9.30 **Jaguars Weekly UK**
10.00 **NFL: America's Game**
11.00 **NFL Highlights**
12.00 NOON **49 Hours**
12.30 PM **Her Huddle**
1.00 **Super Bowl LIV Highlights**
3.00 **NFL Highlights**
4.00 **NBC's Pro-Football Talk**
6.00 **One Jets Drive**
6.30 **49 Hours**
7.00 **NFL Bitesize Highlights**
8.00 **Her Huddle**
8.30 **NFL Highlights**
9.30 **NFL Bitesize Highlights** Four editions, including at: **10.00** Action from Carolina Panthers v New Orleans Saints. **10.15** Highlights of San Francisco 49ers v New York Giants.
10.30 **NFL Gameday**
11.00 **One Jets Drive**
11.30 **NFL Highlights**
12.30 AM **LIVE NCAA College Football Notre Dame Fighting Irish v Ohio State Buckeyes.** Coverage of the match at Notre Dame Stadium. Kick-off **12.30am**.
4.00 **to 6.00** AM **NFL Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **From Scratch: Cara Gainer**
6.15 **Solheim Cup Golf**
6.30 **LIVE Solheim Cup Golf Europe v USA.** Coverage of the foursomes matches on day two of the women's team competition from Finca Cortesin in Andalucia.
12.30 PM **LIVE DP World Tour Golf** The third day of the Open De France at Le Golf National in Saint-Quentin-en-Yvelines.
5.00 **Spirit of Yachting**
5.30 **My Icon** Rachel Yankey.
5.45 **LIVE Women's Super League St Helens v Leeds Rhinos.** Coverage of the Group One semi-final from Totally Wicked Stadium. Kick-off **6.00pm**.
8.30 **Super League Highlights**
9.00 **WNBA** A play-off match.
11.00 **Solheim Cup Golf**
11.45 **Women's Super League**
12.30 AM **Spirit of Yachting**
1.00 **Solheim Cup Golf**
3.00 **Super League Highlights**
3.30 **Women's Super League**
4.00 **to 6.00** AM **LIVE International Netball New Zealand v England.** The first match in the series at Christchurch Arena. Centre-pass **4.00am**.

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **UEFA Champions League Highlights** Matchday one.
8.00 **UEFA Europa League Highlights Show**
9.00 **UEFA Champions League Magazine** The latest news.
9.30 **The Fantasy Show**
10.00 **Ligue 1** Monaco v Nice.
11.00 **Serie A** Salernitana v Frosinone.
12.00 NOON **MLB Plays of the Week**
12.30 PM **MLB: Off the Bat**
1.00 **MLB** A regular-season match.
3.30 **MLB World Series Film 2000**
5.00 **MLB World Series Film 2001**
6.45 **MLB** Action from 2022.
7.45 **What I Wore** Hector Bellerin.
8.00 **LIVE Ligue 1 Brest v Lyon.** Coverage of the French top-flight match, which takes place at Stade Francis-Le Ble. Kick-off **8.00pm**.
10.00 **WWE Friday Night SmackDown**
11.30 **Serie A** Recent highlights.
1.30 AM **Ligue 1** Nantes v Lorient.
2.30 **World Poker Tour Series**
5.30 **to 6.00** AM **Joe Cole Cast**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Olympic Games**
6.15 **Cycling: Tour of Luxembourg**
7.15 **LIVE Cycling: Tour of Langkawi** The opening stage.
8.45 **Cycling: Paris-Roubaix**
9.00 **Cycling: Ras na mBan**
9.30 **Tennis: Laver Cup**
12.30 PM **LIVE Cycling: European Championships** Coverage of the women's road race in Drenthe.
4.00 **LIVE Cycling: Tour of Luxembourg** The fourth stage.
5.15 **Climbing World Cup**
6.15 **Athletics: Sydney Marathon**
7.15 **Olympic Games**
7.30 **Tennis: Laver Cup**
9.00 **LIVE Tennis: Laver Cup** Day two at Rogers Arena, Vancouver.
1.00 AM **Cycling: Tour of Luxembourg**
2.00 **World Superbikes**
3.00 **Cycling: European C'ships**
4.00 **Cycling: Tour of Luxembourg**
5.00 **Olympic Games**
5.15 **to 6.15** AM **Cycling: Tour of Langkawi**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Wrestling: World Championships** From Belgrade.
6.30 **British Speedway**
7.30 **World Superbikes**
8.30 **LIVE World Superbikes** Round 10 at MotorLand Aragon.
10.45 **World Superbikes**
11.15 **LIVE World Superbikes** Round 10 at MotorLand Aragon.
3.15 PM **Formula E** Season review.
4.15 **Best of Bikes**
4.30 **EWC All Access**
5.00 **Motocross World Championship**
6.00 **Speedway Grand Prix**
7.00 **World Superbikes**
8.00 **Cycling: Tour of Langkawi**
9.00 **Cycling: European Championships** From Drenthe.
10.00 **Cycling: Tour of Luxembourg**
11.00 **World Superbikes**
12.00 M'T **Cycling: Tour of Langkawi**
1.00 AM **Climbing World Cup**
2.00 **Cycling: Tour of Luxembourg**
3.00 **Climbing World Cup**
4.00 **to 6.00** AM **Snooker**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Darts** Archive action.
8.05 **LIVE NPC Rugby Taranaki v Auckland.** Coverage from Yarrow Stadium. Kick-off **8.05pm**.
10.05 **Super League Highlights**
10.50 **LIVE NRL Brisbane Broncos v New Zealand Warriors or Newcastle Knights.** The preliminary final. Kick-off **10.50am**.
12.50 PM **Super League Highlights**
3.00 **LIVE Women's Super League York Valkyrie v Wigan Warriors.** From LNER Community Stadium. Kick-off **3.30pm**.
5.45 **LIVE Women's Super League St Helens v Leeds Rhinos.** Coverage from Totally Wicked Stadium. Kick-off **6.00pm**.
8.30 **Super League Highlights**
9.00 **British Basketball**
11.15 **Super League Highlights**
12.15 AM **NRL** Action from 2022.
2.15 **Rugby League Highlights**
5.00 **to 7.00** AM **LIVE NRLW** Coverage of a semi-final match.

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **LIVE Formula 1** Japanese Grand Prix qualifying session.
9.00 **The Notebook**
9.30 **Formula 1** Japanese Grand Prix.
11.30 **The Notebook**
12.00 NOON **F1 Features**
12.30 PM **Formula 1** Recent action.
1.45 **F1 Features**
2.00 **Formula 1** Japanese Grand Prix.
4.00 **The Notebook**
4.30 **F1 Features**
4.45 **Formula 1** Japanese Grand Prix.
8.00 **The Notebook**
8.30 **F1 Features**
9.00 **Formula 1** Japanese Grand Prix.
11.00 **The Notebook**
11.30 **F1 Features**
12.00 M'T **Formula 1** Recent action.
1.15 AM **F1 Features**
1.30 **Formula 1** Japanese Grand Prix.
3.30 **The Notebook**
4.00 **Portrait of the Paddock: Ferrari**
4.20 **Vasseur's Working Methods**
4.30 **to 5.55** AM **Formula 1** Build-up to the Japanese Grand Prix.

Sunday

24 September

Evening Planner

Football

Premier League
Sky Sports Main Event & Premier League
Coverage of the North London derby between Arsenal and Spurs (k-o 2pm), and Sheffield Utd v Newcastle (4.30pm).

Rugby Union

Rugby World Cup
ITV1, from 4pm
Scotland play Tonga (k-o 4.45pm), before Wales take on Australia (k-o 8pm) in a face-off they will both be fired up for.

Awards

Who Cares Wins Awards
C4, 6.30pm
Davina McCall hosts this celebration of NHS heroes who have gone above and beyond the call of duty for their patients.

Wildlife

Hamza: Strictly Birds of Prey
BBC1, 7pm
Strictly champion Hamza Yassin returns to his passion of British birds of prey.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Hamza: Strictly Birds of Prey		8.00 Antiques Roadshow		9.00 The Woman in the Wall		10.00 News	10.30 Match of the...
102 BBC2	7.00 Golf: Solheim Cup Highlights		8.00 Amazing Hotels: Life Beyond the Lobby		9.00 Mortimer &...	9.30 Miriam Margolyes: Australia Unmasked		10.30 Louis...
103 ITV1		7.15 Rugby World Cup – Live: Wales v Australia (Kick-off 8.00)						10.25 News
104 CHANNEL 4	◂ 6.30 The Who Cares Wins Awards with...		8.00 Jamie Cooks the Mediterranean		9.00 Film: Murder on the Orient Express			
105 CHANNEL 5	◂ 6.30 When Holidays Go Horribly Wrong		8.00 Hotel Benidorm: Fun Loving Brits in...		9.00 Inheritance Wars: Who Gets the...		10.00 The Big Sex Scam	
106 SKY SHOWCASE	◂ 6.30 Film: The Mortal Instruments: City of Bones				9.00 Film: 2 Guns			
ENTERTAINMENT								
115 BBC3	7.00 EastEnders		8.00 Born to Race: We Are England		9.00 Boot Dreams: Now or Never		10.00 Film: Magic Mike	
116 BBC4	7.00 Classic Quartets at the BBC		8.00 Mozart's Requiem	8.50 Holst and Vaughan Williams: Making...		9.50 Unsung Heroines: Danielle de Niese on the...		
118 ITV2	◂ 5.50 Film: Sing		8.00 Film: Pitch Perfect 2				10.15 Family Guy	
136 MORE4	◂ 6.55 Come Dine with Me		8.00 999: On the Front Line		9.00 24 Hours in A&E		10.00 The Emergency Ward	
135 E4	◂ 6.15 Film: Men in Black		8.00 Young Sheldon		9.00 Film: Angel Has Fallen			
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 The Good Doctor		10.00 FBI	
108 SKY ATLANTIC	◂ 6.50 Ray Donovan				9.00 Winning Time: The Rise of the Lakers Dynasty		10.15 Domina	
110 GOLD	◂ 6.05 Only Fools and Horses			8.20 Dad's Army	9.00 Ricky & Ralf's Very Northern Road Trip		10.00 All Round to Mrs Brown's	
111 DAVE	7.00 Mortimer &...	7.40 Cornwall with Simon Reeve		8.40 QI			10.00 Live at the Apollo	
119 ITV3	◂ 6.00 Lewis		8.00 Vera				10.00 Endeavour	
120 ITV4	◂ 6.30 Best of Saint...	7.30 LaLiga – Live: Atletico Madrid v Real Madrid (Kick-off 8.00)						10.20 Film: Maximum...
112 COMEDY CENTRAL		7.05 Film: The Dukes of Hazzard			9.00 Film: Police Academy 4: Citizens on Patrol			10.40 Rhod...
139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Film: The Lawnmower Man			
113 SKY MAX	7.00 Merlin				9.00 Rob & Romesh vs Drag		10.00 The Blacklist	
109 ALIBI	7.00 Miss Scarlet and the Duke				9.00 Death in Paradise		10.00 So Help Me Todd	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Film: Sherlock Holmes and the House of Fear			9.20 Classic Movies: The Story of The...		10.20 David Hockney in...
132 W	7.00 Nurses on the Ward		8.00 Inside the Operating Theatre		9.00 Leigh-Anne: Race, Pop & Power			10.20 Killer Women with...
DOCUMENTARY								
125 DISCOVERY	7.00 Moonshiners: Master Distiller		8.00 Richard Hammond's Big		9.00 How the Universe Works		10.00 Wheeler Dealers	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Celebrity Animal Encounters		9.00 The Crocodile Hunter: Best of Steve...		10.00 Edge of Alaska	
129 NAT GEO	7.00 Ultimate Supercar		8.00 Air Crash Investigation				10.00 Drug Lords: The Takedown	
123 SKY HISTORY	7.00 Egypt's Unexplained Files				9.00 The Rise and Fall of El Chapo			
155 YESTERDAY	7.00 Bangers & Cash		8.00 'Allo 'Allo!				10.10 Bangers & Cash	
121 SKY DOCS		7.15 The Puppet Asylum	8.00 Spitfire				10.00 Telemarketers	
FILMS - Sky Cinema								
301 PREMIERE		7.05 Knock at the Cabin			9.00 God Is a Bullet			
303 HITS	◂ 6.10 Central Intelligence		8.00 Jurassic World: Dominion					10.30 The Blair...
304 DIRECTORS	◂ 5.50 The Terminal		8.00 Forrest Gump					10.25 Bad Boys
305 ANIMATION		7.10 Shrek the Third		8.45 The Reef 2: High Tide			10.10 Rock Dog 2: Rock Around...	
306 FAMILY	◂ 5.45 Matilda	7.30 A Monster Calls			9.25 Peter Rabbit			
307 ACTION	◂ 6.00 The Expendables		8.00 The Expendables 2			9.45 The Expendables 3		
308 COMEDY	◂ 6.10 I Love You, Man		8.00 Beverly Hills Cop			9.50 Beverly Hills Cop II		
309 THRILLER	◂ 6.00 The Dry		8.00 2 Guns			9.50 No Country for Old Men		
310 DRAMA	◂ 5.50 Sabrina		8.00 Vanilla Sky					10.20 Kramer vs Kramer
311 DYSTOPIA	◂ 5.35 Divergent		8.00 Divergent: Insurgent				10.00 Biosphere	
302 FEEL GOOD	◂ 6.10 Maid in Manhattan		8.00 Mamma Mia!				10.00 Kinky Boots	
313 FILM4	◂ 6.35 Mrs Doubtfire				9.00 Logan			
SPORT								
401 MAIN EVENT	7.00 NFL – Live: New York Jets v New England Patriots (Kick-off 6.00)							
402 PREMIER LEAGUE	◂ 4.00 Super...	7.30 Bundesliga...	8.00 Premier League Highlights			9.30 SNF	10.00 Premier League Highlights	
403 FOOTBALL	7.00 EFL Goals	7.30 EFL				9.30 EFL Highlights		10.30 EFL Goals
404 CRICKET	7.00 Secrets of Success				9.15 ICC Men's Cricket World Cup...		10.15 Cricket World Cup	
410 TNT SPORTS 1	7.00 UEFA Magazine	7.30 Ligue 1 – Live: Paris Saint-Germain v Marseille (Kick-off 7.45)					10.00 CPL	10.30 O Arise, All...
411 TNT SPORTS 2	◂ 6.45 Vanarama...	7.30 Serie A – Live: Torino v AS Roma (Kick-off 7.45)					10.00 Fight Night Live	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
7.40 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Celebration Kitchen Live: Yom Kippur Special** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise: The Sacred Sound of the Organ** New edition
1.50 **Points of View** New edition (S)
2.05 **Escape to the Country** (S)(R)(AD)
3.00 FILM **Pokémon: Detective Pikachu** Fantasy adventure starring Justice Smith and featuring the voice of Ryan Reynolds. (S)(AD) (2019, PG, 95min) ★★★★
4.35 **The Mating Game** (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

3.00 Pokémon: Detective Pikachu

6 PM

6.00 Countryfile
New edition The first of two special harvest-themed editions. Adam Henson and Sean Fletcher join the Martin family on their arable farm in Cambridgeshire. (S)

7 PM

7.00 NEW Hamza: Strictly Birds of Prey
Hamza Yassin goes in search of his favourite birds of prey, travelling around the UK to find them, and meeting the people who protect them. (S)(AD)

8 PM

8.00 Antiques Roadshow
New edition Fiona Bruce presents the show from Swanage Pier on Dorset's Jurassic Coast, where treasures include dinosaur footprints and a pottery pelican. (S)

9 PM

9.00 The Woman in the Wall
Series finale *A Little Resurrection:* 6/6. Colman and Massey work together to catch the culprit behind Father Percy's murder. (S1) (S)(AD)

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day 2
Mark Chapman reviews the day's Premier League action, including Arsenal v Tottenham Hotspur and Liverpool v West Ham United. (S)
11.50 FILM **Loving** Fact-based drama starring Ruth Negga and Joel Edgerton. In late-1950s Virginia, interracial couple Richard and Mildred Loving are targeted by the authorities and arrested. With Will Dalton and Michael Shannon. (S) (2016, 12, 115min) ★★★★
1.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.50 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.40 AM **Countryfile** (S)(R)
7.40 **Breakfast** (S)
9.00 **Beechgrove Garden** New edition
9.30 **Landward** New edition (S)
10.00 FILM **The Sky's the Limit** Musical. (S) (1943, b/w, U, 90min) ★★★
11.30 **Mary Berry's Quick Cooking** (S)(R)
12.00 NOON **Rick Stein's Seafood Odyssey** Rare shellfish. (S)(R)
12.30 PM FILM **The Shop Around the Corner** Vintage romantic comedy. (S) (1940, b/w, U, 95min) ★★★★
2.05 **Rainforests: Our Wild Adventures** Documentary. (S)(R)
3.05 **Kelvin's Big Farming Adventure** A farm-warming party. (S)(R)(AD)
3.35 **This Farming Life** (S)(R)
4.35 **Flog It!** From Falmouth. (S)(R)
5.00 **Celebrity Race Across the World** 1/6. A 10,000km race from Africa to the Arctic. (S)(R)(AD)

8.00 Amazing Hotels: Life Beyond...

6.00 Living Next Door to Putin
2/2. Katya Adler continues her journey along the Russian border, going from Estonia into Scandinavia. She discovers the differences in attitudes from country to country. (S)(R)(AD)

7.00 Golf: Solheim Cup Highlights
Action from the singles matches on the third and final day of the women's team competition between Europe and USA from Finca Cortesin in Andalucia, Spain. (S)

8.00 Amazing Hotels: Life Beyond the Lobby
New edition 7/8. Monica Galetti and Rob Rinder visit Glenapp Castle, hidden away in the borders of Scotland. (S)(AD)

9.00 Mortimer & Whitehouse: Gone Fishing
New edition 4/6. The duo visit Sutton Lake, Shropshire. (S)(AD)
9.30 Miriam Margolyes: Australia Unmasked
1/3. The presenter embarks on a journey Down Under to explore the unique Australian ethos of 'the Fair Go'. (S)(R)(AD)
10.30 Louis Theroux: Surviving America's Most Hated Family
Louis returns to visit the controversial Westboro Baptist Church in the wake of the death of its leader. (S)(R)(AD)
11.30 FILM **Psycho** Alfred Hitchcock's classic horror starring Anthony Perkins and Janet Leigh. (S) (1960, b/w, 15, 105min) ★★★★★
1.15 AM **Sign Zone: Question Time** (R)
2.15 **Sign Zone: Henpocalypse!** (S)(R)
2.45 **Sign Zone: The Following Events Are Based on a Pack of Lies** 4/5. Drama. (S1) (S)(R)(AD)
3.45 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Ainsley's Food We Love** (S)(R)
6.25 **James Martin's French Adventure** In Carcassonne. (S)(R)
7.25 **Ainsley's Good Mood Food** (S)(R)
8.25 **Simply Raymond Blanc** (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Ken Bruce. (S)(R)
11.30 **James Martin's Saturday Morning** With Carly Paoli. (S)(R)
1.40 PM **Love Your Garden** (S)(R)(AD)
2.10 **ITV News** (S)
2.20 FILM **Madagascar** Animated comedy featuring the voices of Ben Stiller and Chris Rock. (S)(AD) (2005, U, 100min) ★★★
4.00 LIVE **Rugby World Cup** Scotland v Tonga: David Flatman presents all the action from the Pool B encounter at Stade de Nice in France. Kick-off is at 4.45. (S)

2.20 Madagascar

LIVE Rugby World Cup (started at 4.00pm)

7.00 ITV News (S)
7.05 Local News (S)
7.15 LIVE Rugby World Cup
Wales v Australia: Mark Pougatch presents all the action from both teams' third match in Pool C, held at OL Stadium in Lyon. With analysis from Sam Warburton, Gareth Thomas and George Gregan, pitchside reports by Jill Douglas and Jamie Roberts, and commentary from Nick Mullins and Shane Williams. Kick-off is at 8.00. (S)

10.25 ITV News (S)
10.45 The Savoy
The hotel staff are on high alert for the arrival of a mystery hotel inspector. (S)(R)(AD)
11.45 **Paul O'Grady: For the Love of Dogs** An elderly Chihuahua with numerous ailments. (S)(R)(AD)
12.10 AM **English Football League Highlights** Recent fixtures. (S)(R)
1.25 **Sorry, I Didn't Know** (S)(R)
1.50 **Starstruck** (S)(R)
2.45 **Motorsport UK** (S)(R)
3.35 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Spanish Adventure** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

5.55 AM **Cheers** 6-8/26. (S5) (S)(R)
7.15 **The King of Queens** (S)(R)(AD)
8.05 **The Simpsons** (S)(R)(AD)
9.30 **Sunday Brunch** New edition With guests Holly Johnson, Sam Quek and Richard Blackwood. Plus, live music from Declan McKenna. (S)
12.30 PM **F1: Japanese Grand Prix Highlights** Action from the 17th round of the season, held at Suzuka International Circuit. (S)
3.00 **The Simpsons** (S)(R)(AD)
4.00 **Devon and Cornwall: Greener Lives** Featuring residents of the two counties who are determined to protect and preserve the environment. (S)(R)(AD)
5.00 **A Lake District Farm Shop** 2/6. Regenerative farming methods are introduced at the service station's own farm. (S)(R)(AD)

8.00 Jamie Cooks the Mediterranean

6.00 News (S)

6.30 NEW The Who Cares Wins Awards
Davina McCall presents the awards celebrating Britain's healthcare heroes, joined by guests including Katherine Ryan, Anthony Joshua, Christine Lampard and James Corden. (S)(AD)

8.00 Jamie Cooks the Mediterranean
New edition 3/4. Jamie Oliver visits northern Spain's coast, and cooks a pork chop with chargrilled peppers, and surf and turf skewers. (S)(AD)

9.00 FILM Murder on the Orient Express
Agatha Christie mystery directed by and starring Kenneth Branagh, with Daisy Ridley, Derek Jacobi and Johnny Depp. Hercule Poirot investigates the killing of an American businessman on board the famous train. (S)(AD) (2017, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 **Gogglebox** (S)(R)(AD)
12.15 AM NEW SERIES **Walter Presents: The Bank Hacker** 1/8. Belgian crime drama. Subtitled. (S1)
■ Entire series on C4 online
1.10 FILM **Fatherhood** Comedy drama with Kevin Hart and Alfre Woodard. (S) (2021, 12, 110min) ★★★
3.00 **Ramsay's 24 Hours to Hell and Back** From LA. (S)(SL)(R)(AD)
3.50 **to 6.05** AM **Come Dine with Me**

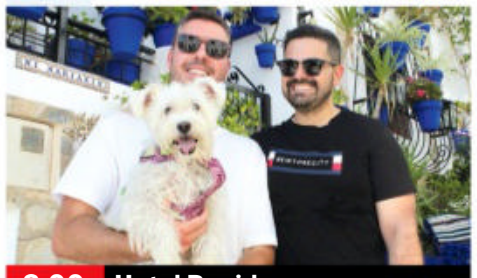
+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.50 **SpongeBob SquarePants** Animated adventures. (S)(R)
10.05 **Entertainment News** (S)
10.10 **NFL End Zone** Action from the latest matches in the NFL. (S)
10.40 **Friends** (S6) (S)(R)(AD)
11.40 FILM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock and Regina King. (S) (2005, 12, 135min) ★★
1.55 PM FILM **Tomb Raider** Action adventure starring Alicia Vikander and Dominic West. (S) (2018, 12, 140min) ★★★
4.15 FILM **Ocean's Eleven** Caper thriller starring George Clooney. A thief plans to rob three Las Vegas casinos in one night. (S) (2001, 12, 130min) ★★★★



8.00 Hotel Benidorm

6.25 **News** (S)
6.30 NEW **When Holidays Go Horribly Wrong** A newlywed is bitten by a shark in the Bahamas, an adventure-loving couple get stranded in the wilds of Asia, and a safari trip is stopped by a silverback gorilla. (S)
8.00 **Hotel Benidorm: Fun Loving Brits in the Sun** New edition 3/6. As the sun rises on the Costa Blanca, the Hotel Benidorm Plaza's housekeeping staff spring into action. (S)
9.00 **Inheritance Wars: Who Gets the Money?** New edition 2/4. The story of politician Diana Coad, who after losing her husband Peter, entered a vicious legal battle with his children. (S)
10.00 NEW SERIES **The Big Sex Scam** Documentary about bigamists and swindlers. (S)
10.55 **Most Shocking TV Interviews** A look back at the top 30 worst TV interviews. (S)(R)
12.25 AM **Criminals: Caught on Camera** Documentary. (S)(R)
12.50 **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Queens of Pop: Aretha to Whitney** Documentary. (S)(R)
4.40 **Great Scientists** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.55 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Where's Wally** (S)(R)
6.25 **Croods Family Tree** (S)(R)
7.15 **The Slow Mo Guys' Big Adventures** Double bill. (S)(R)
8.05 **Monkey Life** (S)(R)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **F1: Japanese Grand Prix** Action from the 17th round of the season, held at Suzuka International Circuit. (R)
11.00 **The Fresh Prince of Bel Air** 17-19/24. Triple bill. (S2) (S)(R)
12.30 PM **Islands** Triple bill. (S)(R)(AD)
3.30 **The Simpsons** Five episodes of the comedy, including at: **5.00** *The 7 Beer Itch:* Homer meets a femme fatale. (S)(R) **5.30** *The Dad-Feelings Limited:* Comic Book Guy's origin story is revealed. (S)(R)

11.00 The Blacklist

6.00 **The Simpsons** *Diary Queen:* Bart finds his old teacher's diary and learns a secret. (S)(R)
6.30 FILM **The Mortal Instruments: City of Bones** Fantasy adventure starring Lily Collins and Jamie Campbell Bower. A Brooklyn teenager learns that she belongs to a line of half-angel, demon-hunting warriors. With Lena Headey. (S) (2013, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.00 FILM **2 Guns** Action thriller starring Denzel Washington and Mark Wahlberg. A pair of double-dealing crooks join forces for real after inadvertently stealing $43million from the CIA. With Paula Patton, Bill Paxton and James Marsden. (S) (2013, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **The Blacklist** New episode *The Nowhere Bride:* 14/22. Red offers his help to a powerful cartel leader. (S10) (S)(AD)
12.00 M'T **An Idiot Abroad 2** 2/8. Karl boards the Trans-Siberian Express to China. (S)(R)(AD)
1.00 AM **Road Wars** (S)(R)
2.00 **Stop, Search, Seize** (S)(R)(AD)
3.00 **Nothing to Declare** (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **11.50pm** Sportscene (S)(R) **12.50am** FILM Loving (S) (2016, 12, 115min) ★★★★ **2.45** Weather for the Week Ahead (S) **2.50-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
4.35pm Weatherman Walking (S)(R) **5.05-5.35pm** Pizza Boys: World Cup Adventure (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.30pm Sunday Politics Northern Ireland (S) **11.00-11.30pm** The Royle Family (S)(R)

WALES
Sky 968, Freesat 968
3.05pm This Farming Life (S)(R) **4.05** Flog It! (S)(R) **4.30** Celebrity Race Across the World (S)(R)(AD) **5.30-6.00pm** Wynne's Welsh 70s (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw New edition **9.00** Garddio a Mwy **9.30** Lowri Morgan: Her 333 **10.00** Ffit Cymru **11.00** Eryri: Pobol y Parc **12.00noon** Dan Do **12.30pm** Ralïo+ **1.30** Y 'Sgubor Flodau **2.30** Y Tyrchwyr gyda Iolo Williams (AD) **3.00** Cerys Matthews a'r Goeden Faled (AD) **3.30** Arfordir Cymru: Llyn **4.00** Sain Ffagan (AD) **4.25** Cefn Gwlad (AD) **4.55** Lorient 2023 **5.50** Pobol y Cwm Omnibws (AD) **7.00** Newyddion a Chwaraeon **7.15** Cwpan Rygbi'r Byd **10.30** Rycia o 'Ma **11.00-11.35pm** Goreuon Gwesty Aduniad (AD)

TV&Satellite week Best for Sky and Virgin

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Kat and Phil's wedding day arrives. **7.30** Alfie confides in Phil.
8.00 **Born to Race: We Are England** 1/2. Following two youngsters who dream of making it in Formula 1. **8.30** 2/2. Ruben and Lewis meet Lewis Hamilton.
9.00 **Boot Dreams: Now or Never** Series finale 6/6. It is the final game of the season and as Roman watches from the touchline, one player stuns the scouts. ■ Entire series on BBC iPlayer
10.00 FILM **Magic Mike** Comedy drama starring Channing Tatum, Alex Pettyfer and Matthew McConaughey. A veteran male stripper takes a 19-year-old drop-out under his wing. (2012, 15, 110min) ★★★★
11.45 **Man Like Mobeen** (S1)
12.30 **Juice** 1&2/6. Sitcom. (S1)
1.20 **Boot Dreams: Now or Never** As 9.00pm.
2.20 **Ballers: Ball or Nothing**
3.20 **Man Like Mobeen**
3.40 **to 3.50** AM **Mobility**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Classic Quartets at the BBC** String quartets playing music ranging from Mozart to Elvis Costello.
8.00 NEW **Mozart's Requiem** Contemporary dance staging of Mozart's choral lament.
8.50 **Holst and Vaughan Williams: Making Music English** The friendship between Ralph Vaughan Williams and Gustav Holst.
9.50 **Unsung Heroines: Danielle de Niese on the Lost World of Female Composers** The lives of Hildegard of Bingen, Francesca Caccini, Clara Schumann, Florence Price and Elizabeth Maconchy.
10.50 **Imagine: Marina Abramovic – The Ugly Duckling** The performance artist talks to Alan Yentob about turning her life into art.
11.50 **The Shock of the New**
1.50 AM **Classic Quartets at the BBC** As 7.00pm.
2.50 **to 3.50** AM **Holst and Vaughan Williams: Making Music English**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Come Dine with Me**
2.40 PM **Four in a Bed**
5.20 **Come Dine with Me** Interior designer James hosts the first night in Edinburgh. **5.50** Grandmother Katy hosts the second dinner party. **6.25** Glamorous solicitor Aisling hosts the third night.
6.55 **Come Dine with Me** Writer Harry serves up a menu inspired by family on night four in Edinburgh. **7.25** Fashion-conscious Bruce hosts the final dinner party in Edinburgh.
8.00 **999: On the Front Line** A woman has an allergic reaction in a restaurant.
9.00 **24 Hours in A&E** A man is admitted after sustaining a head wound during a 10-foot fall.
10.00 **The Emergency Ward** New edition Dr Steve's young patient could lose his hand after a shocking accident at an abattoir.
11.00 **Emergency Helicopter Medics: Farm Emergencies**
12.05 AM **The Good Doctor**
1.00 **The Emergency Ward**
2.00 **24 Hours in A&E**
3.05 **to 3.35** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
8.30 **Rude(ish) Tube Shorts**
8.50 **Married at First Sight UK**
1.35 PM FILM **Kung Fu Panda** Animated adventure featuring the voices of Jack Black and Dustin Hoffman. (2008, PG, 92min) ★★★★
3.20 **Junior Bake Off**
4.50 **The Big Bang Theory**
6.15 FILM **Men in Black** Sci-fi action comedy starring Tommy Lee Jones, Will Smith and Linda Fiorentino. (1997, PG, 94min) ★★★★
8.00 **Young Sheldon** New episode 21/22. Mandy surprises Georgie with a spa weekend. **8.30** Series finale 22/22. Mary and Sheldon head to Germany, while the rest of the Cooper family brave a tornado that is heading straight for Medford. (S6)
9.00 FILM **Angel Has Fallen** Action thriller with Gerard Butler and Morgan Freeman. Secret Service agent Mike Banning finds himself framed for an assassination attempt on the president, and races to clear his name. (2019, 15, 121min) ★★★
11.20 **Naked Attraction** A model and a veterinary student choose dates.
12.25 AM **Gogglebox**
2.30 **First Dates**
3.25 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 306 30 123

Sunday primetime

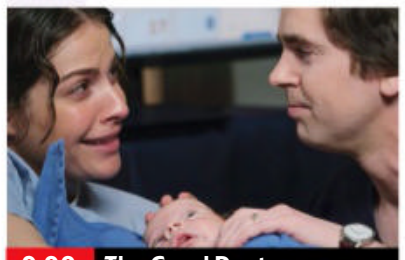
SUNDAY Entertainment

Sunday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
11.00 **The Real A&E** A woman is kicked in the head by a horse. **11.30** A motorcyclist is brought in with life-threatening injuries.
12.00 NOON **Sun, Sea and A&E** A man is admitted to hospital with severe swelling. **1.00** A night out in Ibiza Town ends badly for a teenager.
2.00 PM **Nothing to Declare** Ten editions of the documentary.


9.00 The Good Doctor

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 **The Good Doctor** *Love's Labor:* 22/22. Shaun and Lea head to the delivery room, but one person is missing. (S6)

10 PM

10.00 **FBI** *Ready or Not:* 6/23. Maggie returns from medical leave in time to help the team investigate two homicides. (S5)
11.00 **FBI: International** 6/22. (S2)
12.00 M'T **FBI: Most Wanted** (S4)
1.00 AM **Departure** 2/6. (S1)
2.00 **Law & Order: Special Victims Unit** New episode 19/22. Crime drama. (S24)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** From Venice.
7.00 **Urban Secrets**
10.00 **Raised by Wolves** (S2)
3.30 PM **Ray Donovan** 12/12. Abby is torn between her two potential protectors. (S2) **4.35** 1/12. Ray is enlisted by a wealthy family to free their kidnapped son. **5.45** 2/12. Paige Finney asks Ray to protect a quarterback from a US Navy Seal. **6.50** 3/12. Ray is faced with a difficult moral dilemma. (S3)

9.00 Winning Time

7.55 **Ray Donovan** *Breakfast of Champions:* 4/12. The hard-edged LA fixer faces a tough challenge, and Paige attempts to sell the studio. (S3)

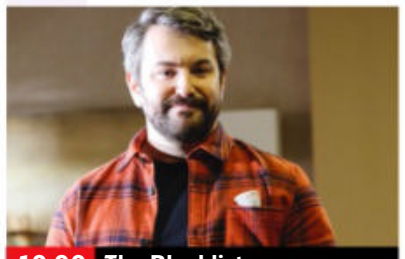
9.00 **Winning Time: The Rise of the Lakers Dynasty** *F*** Boston!* 7/7. Comedy drama starring John C Reilly, Jason Clarke and Quincy Isaiah. (S2)
10.15 **Domina** *Betrayal:* 3/8. A face-to-face encounter leads to life-changing consequences. (S2)
11.20 **Domina** 4/8. Livia is drawn into the politics of Rome. (S2)
12.30 AM **Dreamland** 3/6. Mel and Spence have a difficult conversation. (S1)
1.00 **True Detective** 3/8. (S2)
2.10 **Das Boot** 5&6/10. (S3)
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Highway Patrol**
7.00 **Supergirl** (S4&5)
12.00 NOON **NCIS: Los Angeles** Five episodes, including at: **3.00** PM 15/18. The team must retrieve dangerous tech behind a deep-fake video. **4.00** 16/18. Military grade technology is stolen. (S12)
5.00 **Merlin** 13/13. Arthur is mortally wounded, and only Merlin can save him. (S1) **6.00** 1/13. The wizard exposes the new servant as a conman. With Mackenzie Crook. (S2)


10.00 The Blacklist

7.00 **Merlin** *The Once and Future Queen:* 2/13. Arthur tries to enter Camelot's jousting competition anonymously.

8.00 **Merlin** *The Nightmare Begins:* 3/13. Morgana realises that she has magic powers. (S2)

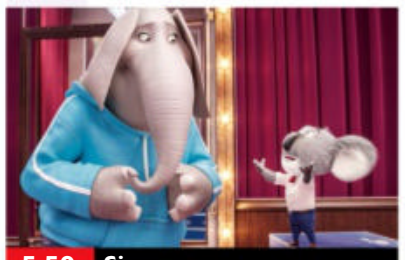
9.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens with the help of Michelle Visage and Baga Chipz.

10.00 **The Blacklist** New episode *The Nowhere Bride:* 14/22. Red offers his help to a powerful cartel leader. (S10)
11.00 **Never Mind the Buzzcocks** With Paloma Faith, Benji Webbe and Judi Love.
11.45 **An Idiot Abroad 2** Karl boards the Trans-Siberian Express.
12.45 AM **Road Wars**
2.05 **Stop, Search, Seize**
3.00 **The Force: Manchester**
4.00 **to 6.00** AM **Send in the Dogs**

ITV2

118 118 816 115 6 113

5.00 AM **Children's Programmes**
9.00 **Totally Bonkers Guinness World Records**
9.20 **Love Bites**
11.15 **Next Level Chef (USA)**
12.15 PM **Supermarket Sweep**
1.15 **Catchphrase**
1.55 **Family Fortunes**
2.55 **In for a Penny**
3.55 **FILM Turbo** Animation with the voice of Ryan Reynolds. (2013, U, 92min) ★★★
5.50 **FILM Sing** Animation with the voice of Reese Witherspoon. (2016, U, 108min) ★★★


5.50 Sing

FILM Sing (film started at 5.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **FILM Pitch Perfect 2** Comedy sequel starring Anna Kendrick and Rebel Wilson. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Family Guy** 7/20. Stewie becomes addicted to playing hide-and-seek. **10.45** 16/20. The show is re-imagined. (S16)
11.15 **Family Guy** 10/20. Brian enters a competition in which the prize is to breed. (S16)
11.40 **American Dad!** (S18)
1.00 AM **The Sex Lives of College Girls** 5&6/10. (S1)
2.10 **to 3.00** AM **Totally Bonkers Guinness World Records**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **On the Buses**
6.40 **Agatha Christie's Poirot**
9.55 **The Darling Buds of May**
12.05 PM **Endeavour**
3.50 **Agatha Christie's Poirot** *Lord Edgware Dies:* Japp and Poirot investigate the murder of an actor's estranged husband, only to find nothing is quite what it seems.
6.00 **Lewis** *Allegory of Love:* A woman's murder is copied from the pages of a fantasy novel, and it appears the author's family is in danger.

8.00 Vera

Lewis (started at 6.00pm)

8.00 **Vera** *Recovery:* DCI Vera Stanhope is called to the scene when the body of addiction support worker Angela Konan is found hidden among the bleak woodlands of Northumberland National Park.

10.00 **Endeavour** *Raga:* 2/3. Morse and Thursday investigate a clash between gangs during the 1970 election. (S7)
12.00 M'T **Blue Murder** 4/4. Pete puts pressure on Janine for a divorce as she grapples with the case of a murdered childminder. (S2)
1.35 AM **Agatha Christie's Poirot**
5.15 **On the Buses**
5.45 **to 6.00** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.30 **Sportscene: Premiership Highlights** Action from the latest fixtures, including Rangers v Motherwell.
8.15 **Cycling Saved My Life** How suicide survivor Josh Quigley found redemption on a bike, cycling around the world.
8.45 **Rewind 1990s** 1/10. News, events and music from 1990.
9.00 **Scotland: The New Wild** New edition 2/3. Life in the lowlands.
10.00 **Still Game** 5/6. Jack and Victor prove they're still young at heart on a stag night. (S5)
10.30 **Two Doors Down** 4/6. Beth and Eric meet Gordon's parents. (S4)
11.00 PM **to 12.00** M'T **Seven Days** New edition

Sky Comedy

114/115 112 347 362

8.00 AM **Will & Grace** (S1)
11.00 **The Fresh Prince of Bel Air** 19-21/24. (S2)
12.25 PM **Will & Grace** (S1)
1.45 **Entourage** (S6)
3.30 **Will & Grace** (S7)
5.30 **The Conners** (S5)
7.00 **The Office (US)** 9/28. Michael discovers Toby is back in the office. **7.30** 10/28. The staff fight among themselves. **8.00** 11/28. Phyllis organises a Moroccan-themed Christmas party. **8.30** 12/28. Andy challenges Dwight. (S5)
9.00 **Miracle Workers: End Times** 7/10. Freya and Sid visit Freya's parents. **9.30** 8/10. Freya finds out she is pregnant, so Morris throws her a baby shower. (S4)
10.00 **The Fresh Prince of Bel Air Reunion**
11.30 **Hung** 6&7/10. (S3)
12.40 AM **The Brink** (S1)
1.40 **Flatbush Misdemeanors**
2.20 **to 5.00** AM **Looking**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **André Rieu: Songs from My Heart**
8.30 **Tales of the Unexpected**
11.00 **The Joy of Painting**
12.00 NOON **Discovering**
1.00 PM **André Rieu: Welcome to My World**
2.00 **Stories from National Portrait Gallery**
3.00 **The Movies**
5.00 **Music Icons**
5.30 **The Rolling Stones**
7.00 **The Joy of Painting**
8.00 **FILM Sherlock Holmes and the House of Fear** (1945, b/w, U) ★★★
9.20 **Classic Movies: The Story of The Graduate**
10.20 **David Hockney in London** Documentary.
11.50 **Discovering**
12.50 AM **Beyond the Notes**
2.30 **Charlie Watts Jazz Orchestra**
3.45 **Isle of Wight Festival**
4.00 **A Life on the Road**
4.30 **Video Killed the Radio Star** Fleetwood Mac.
5.00 **to 6.00** AM **Discovering**

Pick

151 135 36 144

6.00 AM **Border Patrol**
8.00 **Highway Patrol**
11.00 **Neighbourhood Blues**
12.00 NOON **The Chase Celebrity Special**
2.00 PM **Border Security: America's Front Line**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
6.00 **Caught Red Handed**
8.00 **Brit Cops: Law & Disorder** Focusing on the theft of motorbikes.
9.00 **The Real Manhunter** A long-running feud between neighbours that took a deadly turn.
10.00 **Murder in Amish Country** Homicide investigations within the Amish community.
11.00 **Forensics: Catching the Killer** Crime series.
12.00 M'T **The Killer Within**
1.00 AM **Brit Cops: Law & Disorder** As 8.00pm.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.00 AM **The Real Housewives of Atlanta**
8.00 **Making It Home with Kortney & Kenny**
9.00 **LittleBe**
12.00 NOON **Making It Home with Kortney & Kenny**
1.00 PM **The Real Housewives of Potomac**
6.00 **The Only Way Is Essex**
7.00 **Gino's Italian Coastal Escape** Gino explores the Conero Riviera. **7.30** Gino heads to the Tremiti Islands.
8.00 **Emergency Nurses: A&E Stories**
9.00 **The Only Way Is Essex** New edition Brockett feels she has been let down by Elma.
10.00 **Botched** A countdown of the top dozen most obsessed patients.
11.00 **Million Dollar Matchmaker**
12.00 M'T **to 1.00** AM **Vanderpump Rules**

+1 hour 319 58

GREAT! tv

157 170 50 142

8.00 AM **Diagnosis Murder**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **5.00** *Shooting in Rome:* A stuntman dies in suspicious circumstances. **6.00** *Deadly Bidding:* Jessica uncovers foul play at an auction. **7.00** *Frozen Stiff:* Jessica uncovers rivalry at an ice-cream company. **8.00** *Unwilling Witness:* Jessica testifies in a court case concerning a crooked investment firm.
9.00 **Pandora's Box: Garage Sale Mystery** Drama starring Lori Loughlin.
10.50 **Murder by Text: Garage Sale Mystery** Drama.
12.50 AM **Castle** (S8)
3.00 **Return of the Saint**
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Great Racehorses**
6.25 **The Protectors**
6.55 **Motorsport Mundial**
7.25 **Auto Mundial**
7.55 **Motorsport UK**
9.00 **English Football League Highlights** Recent fixtures.
10.30 **Made in Britain**
11.00 LIVE **British Touring Car Championship** Coverage of the penultimate meeting of the season from Silverstone.
6.10 PM **The Best of the 70s**
6.30 **Best of Saint & Greavsie**

10.20 Maximum Conviction

7.30 LIVE **Football: LaLiga** Atletico Madrid v Real Madrid: Semra Hunter presents coverage of the derby in the Spanish top flight at Civitas Metropolitano. With analysis from Guillem Balague and Aitor Karanka, and commentary by Sam Matterface and Terry Gibson. Kick-off is at 8.00.

10.20 FILM **Maximum Conviction** Action thriller starring Steven Seagal and Steve Austin. (2012, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM FILM **See No Evil, Hear No Evil** Comedy thriller with Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Merlin** Five episodes of the fantasy drama, including at: **3.00** PM 5/13. Three soothsayers cast a dark judgement upon Arthur. (S5)
4.00 **Star Trek: Voyager** 2/26. The crew battle to find a key Borg component to save Seven of Nine's life. **5.00** 3/26. Paris and Kim enter a spaceship race. **6.00** 4/26. A mysterious assailant attacks the crew. (S7)

9.00 The Lawnmower Man

7.00 **Star Trek: Voyager** *Critical Care:* 5/26. The Doctor is abducted and sold to a hospital ship.
8.00 **Star Trek: Voyager** *Inside Man:* 6/26. The crew are fooled by a devious Ferengi plan. With Marina Sirtis. (S7)
9.00 FILM **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan as an ambitious scientist who uses a mentally-impaired gardener as a guinea pig in his experiments. Also stars Jeff Fahey. (1992, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Reginald the Vampire** 1&2/10. Fantasy comedy starring Jacob Batalon. (S1)
1.30 AM **Chucky** 3/8. Bullies push Jake over the edge. **2.25** 4/8. Jake's bond with Devon intensifies as he teams up with an unlikely ally. (S1)
3.15 **Stargate SG-1** (S2)
5.05 **to 6.00** AM **Most Haunted**

+1 hour 209/210 314

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S6)
10.00 **Death in Paradise** (S9)
2.00 PM **Inspector George Gently** *Gently Between the Lines:* Bacchus and Gently investigate the death of a man in custody.
4.00 **Frankie Drake Mysteries** 5/10. Frankie concocts a ruse to expose a conman. **5.00** 6/10. A toy store owner is the target of a harassment campaign. (S3)
6.00 **The Mallorca Files** 9/10. Max and Miranda hunt for a wanted killer. (S1)

9.00 Death in Paradise

7.00 **Miss Scarlet and the Duke** 1/6. The sister of a missing woman hires Eliza to find her, creating new tensions.
8.00 **Miss Scarlet and the Duke** 2/6. A valuable sketch by the recently deceased Charles Darwin has been stolen. (S2)
9.00 **Death in Paradise** *The Blood Red Sea:* 7/8. A treasure hunter is found dead after making a valuable discovery. (S5)
10.00 **So Help Me Todd** *Corduroy Briefs:* 4/21. Margaret and Todd work to bring justice to an Olympic athlete. (S1)
11.00 **Evil** 9/10. The team are called in to investigate when a terrifying figure begins stalking people. (S3)
12.05 AM **Hudson & Rex** (S3)
1.05 **Miss Scarlet and the Duke**
3.05 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.05 AM **Citizen Khan**
7.50 **Desmond's**
8.20 **Citizen Khan**
9.00 **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Ten episodes, including at: **4.20** An old friend returns from Australia and offers Del a share in his business empire. **5.00** Rodney begins attending a computer course at night school. **6.05** Del Boy gets his hands on a consignment of self-inflating rubber dolls.

10.00 All Round to Mrs Brown's

7.10 **Only Fools and Horses** A retired jeweller offers Del Boy the deal of a lifetime – then suddenly suffers a heart attack.
8.20 **Dad's Army** The platoon welcome the first American troops to Walmington-on-Sea.
9.00 **Ricky & Ralf's Very Northern Road Trip** The duo hit South Yorkshire to join a brass band, and visit a cave in Derbyshire.
10.00 **All Round to Mrs Brown's** Agnes and the family are joined by Spice Girl Mel B and comedy actor Matt Lucas.
11.00 **Upstart Crow** Double bill.
12.20 AM **The Fast Show: Christmas Special** Festive edition of the comedy sketch show from 1996.
1.20 **Morecambe & Wise in America** Double bill.
3.05 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Rick Stein's Cornwall**
9.00 **Abandoned Engineering**
11.00 **Top Gear** Triple bill.
2.00 PM **Rick Stein's Cornwall**
3.00 **Gino's Italian Escape** Gino D'Acampo explores Sardinia. **3.30** Gino heads into the mountains of Sardinia.
4.00 **Cannonball** Double bill of the obstacle course challenge.
6.00 **Repair Lot** Series finale The team work on a Triumph Spitfire and a Rover P5.

10.00 Live at the Apollo

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo head to the Lake District.
7.40 **Cornwall with Simon Reeve** 1/2. The explorer travels through Cornwall as the county emerged from the first lockdown.
8.40 **QI** Guests Jen Brister, Jimmy Carr and Chris McCausland join regular panellist Alan Davies and host Sandi Toksvig. **9.20** With guests Bridget Christie, Mark Watson and Johnny Vegas.
10.00 **Live at the Apollo** Tez Ilyas welcomes Spring Day and Ignacio Lopez to the stage at London's Hammersmith Apollo.
11.00 **QI** With Stephen K Amos, Ivo Graham and Holly Walsh.
11.40 **Mock the Week: The History Of...** Double bill of editions.
1.00 AM **Red Dwarf** Double bill.
2.15 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
2.45 **to 4.00** AM **The Island**

+1 hour 211 327 57

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
2.30 PM **A Place in the Sun** Six editions, including at: **7.00** Leah Charles-King helps a couple find a home in Spain.
8.00 **Kirstie and Phil's Love It or List It** The hosts help Sarah and Jabzz decide whether to sell or renovate their home.
9.00 **Gogglebox** The armchair critics share their opinions on *Strictly Come Dancing*.
10.00 **Taskmaster** With Julian Clary, Sam Campbell, Sue Perkins, Susan Wokoma and Lucy Beaumont.
11.10 **George Michael: Portrait of an Artist**
1.10 AM **Bone Detectives: Britain's Buried Secrets**
2.15 **Top Guns: Inside the RAF** Documentary.
3.20 **Devon and Cornwall: Greener Lives**
4.15 **to 4.45** AM **Beat the Chef**

5USA

141/169 120/162 21 129

9.00 AM **Columbo** Seven episodes, including at: **5.30** PM *Fade Into Murder:* An actor playing a detective thinks he can get away with murder. **7.00** *Columbo and the Murder of a Rock Star:* The detective pits his wits against a defence lawyer who murdered his rock star girlfriend and framed her lover for the crime.
9.00 **NCIS** *Rock and a Hard Place:* 17/24. A bomb detonates at a military charity concert. (S11)
10.00 **Law & Order: Special Victims Unit** *Chameleon:* 1/25. The detectives hunt for a recently paroled rapist. **11.00** *Deception:* 2/25. A teenager is suspected of murder. (S4)
12.00 M'T **Blue Bloods** (S1)
3.45 **to 4.00** AM **Entertainment News**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** A dog handler attends a midnight stand-off. **6.00** Officers track down a 17-year-old suspected of a robbery. **7.00** A Porsche is pursued by eight police cars and a helicopter. **8.00** Police hunt for two men with machetes.
9.00 FILM **Bridget Jones's Diary** Romantic comedy starring Renée Zellweger, Colin Firth and Hugh Grant. (2001, 15, 96min) ★★★★
11.05 FILM **No Strings Attached** Comedy starring Natalie Portman and Ashton Kutcher. (2011, 15, 107min) ★★
1.15 AM **Killer at the Crime Scene** Documentary.
2.10 **to 3.00** AM **GPs: Behind Closed Doors**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Trucking Hell**
10.00 **WWE SmackDown Highlights** Wrestling.
11.00 **WWE Raw Highlights**
12.05 PM **Entertainment News**
12.15 **World's Deadliest Weather: Caught on Camera** Documentary.
1.15 FILM **Rio Lobo** Western with John Wayne. (1970, PG, 110min) ★★★
3.40 FILM **Cast a Giant Shadow** Biopic starring Kirk Douglas. (1966, PG, 141min) ★★
6.35 FILM **Ben-Hur** Drama with Jack Huston and Toby Kebbell. (2016, 12, 130min) ★★★
9.00 FILM **A Fistful of Dollars** Spaghetti Western starring Clint Eastwood. (1964, 15, 96min) ★★★★
11.05 FILM **The Glimmer Man** Action thriller starring Keenen Ivory Wayans. (1996, 18, 91min) ★
1.00 **to 3.00** AM **Car Crash TV**

W

132/133 827 125 25 156

6.10 AM **Tipping Point**
12.00 NOON **The Undateables** Triple bill.
3.00 PM **My Family** Triple bill.
5.00 **Miranda** Triple bill.
7.00 **Nurses on the Ward** Medical documentary.
8.00 **Inside the Operating Theatre** Dr Fox's fiancée Sally has her wisdom teeth removed.
9.00 **Leigh-Anne: Race, Pop & Power** Pop star Leigh-Anne Pinnock explores race in music.
10.20 **Killer Women with Piers Morgan** Piers travels to Homestead Correctional Institution to meet Amber Wright.
11.20 **Stacey Dooley Investigates: Second Chance Sex Offenders**
12.20 AM **The Shift: Women on the Force**
1.15 **This Is MY House**
2.20 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

Drama

143 116 20 158

7.00 AM **The Bill**
12.30 PM FILM **Ill Met by Moonlight** Wartime adventure starring Dirk Bogarde. (1956, b/w, U, 100min) ★★★
2.50 **The Upper Hand**
3.20 **Catherine Cookson's The Secret** Thriller.
6.40 **Call the Midwife** 7/8. Nonnatus House staff struggle with Nancy's revelation. (S10)
8.00 **Inspector George Gently** *Gently Through the Mill:* A mill manager is found hanged.
10.00 **Jonathan Creek** *The Curious Tale of Mr Spearfish:* A man claims to have sold his soul to the Devil. **11.05** *The Eyes of Tiresias:* A widow's nightmares start to come true. (S3)
12.15 AM **Rebus** 1/4. (S3)
1.50 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Say Yes to the Dress with Tan France**
11.00 **A Place in the Sun**
3.00 PM **The Hotel Inspector**
4.00 **Antiques Road Trip**
7.00 **The Great Antiques Challenge** Furniture for a bar that was flooded.
8.00 **Say Yes to the Dress with Tan France** A dress that is sexy and classy.
9.00 **The Bad Skin Clinic** Amanda's lipoma proves tricky to treat.
10.00 **Body Bizarre** The life of a girl born without a proper facial structure.
11.00 **The Dead Files**
12.00 M'T **Death Walker with Nick Groff**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Challenge
145 139 48 146

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **Bullseye** Four editions.
12.00 NOON **Family Fortunes**
1.00 PM **Dickinson's Real Deal** A Japanese sculpture and a watch are sold in Warrington.
2.00 **Play Your Cards Right**
3.00 **Lily Savage's Blankety Blank** Triple bill.
5.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Four celebrity contestants answer general knowledge questions and work as a team to take on one of the Chasers and secure a charity prize.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42 305

8.00 AM **Stealth: The Art of Deception**
9.10 FILM **Bitter Victory** War drama. (1957, b/w, PG, 101min) ★★
11.15 FILM **Hell in Normandy** Drama. (1968, PG) ★★
1.20 PM FILM **Hell River** Drama. (1974, PG) ★★
3.25 FILM **The Enemy General** Drama. (1960, b/w, U, 74min) ★★
5.00 FILM **Battle Stations** War drama. (1956, b/w, U, 81min) ★★
6.50 FILM **Hanover Street** Drama. (1979, PG) ★★
9.00 FILM **The Detonator** Action thriller. (2006, 15, 92min) ★★
10.55 FILM **7 Seconds** Thriller. (2005, 15, 96min) ★★
12.50 AM FILM **Art of War II: Betrayal** Thriller sequel. (2008, 15, 103min) ★★
2.55 **The Blitz on Hamburg**
4.00 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies
321 425 34 302

9.10 AM FILM **The Gourmet Detective: Roux the Day** (2020, PG) ★★
11.10 FILM **Fixer Upper Mysteries: Deadly Deed** Drama. (2018, PG) ★★
1.10 PM FILM **A Beautiful Place to Die: A Martha's Vineyard Mystery** Drama. (2020, PG) ★★
3.00 FILM **Star Trek: First Contact** (1996) ★★★★
5.10 FILM **Star Trek: Insurrection** Adventure. (1998, PG) ★★★
7.15 FILM **National Security** Comedy. (2003, 12) ★
9.00 FILM **A Few Good Men** Crime drama. (1992, 15, 132min) ★★★★
11.45 FILM **Basic** Thriller. (2002, 15, 98min) ★★
1.50 AM FILM **Son of a Gun** Crime drama. (2013, 15, 108min) ★★★
4.00 **to 6.00** AM FILM **Below the Surface** Thriller. (2016, PG) ★★

+1 hour 322 61

GREAT! christmas
319 424 52 303

8.00 AM FILM **A Christmas Kiss** (2011, PG) ★★
10.00 FILM **Another Christmas Kiss** Drama. (2014, PG, 90min) ★★
12.00 NOON FILM **Christmas with a Prince** Drama. (2018, PG, 90min) ★★
2.00 PM FILM **A Royal Christmas Ball** Drama. (2017, PG, 86min) ★★
4.00 FILM **A Cinderella Christmas** Comedy. (2016, PG, 93min) ★★
6.00 FILM **A Snow White Christmas** Drama. (2018, PG, 70min) ★
8.00 FILM **A Fairytale Christmas** Drama. (2013, U, 90min) ★★
10.00 FILM **My Santa** Drama. (2013, PG, 88min) ★★
12.00 M'T FILM **Santa's Secret** Drama. (2014, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Crazy for Christmas** Comedy. (2005, U, 90min) ★★★

+1 hr 320 63 304

Legend
148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 FILM **Dragonquest** Fantasy. (2009, 12) ★★
10.00 **Star Trek: Deep Space Nine** 17-21/26. (S3)
3.00 PM FILM **Journey to the Center of the Earth** Sci-fi adventure. (2008, 12, 87min) ★
4.45 FILM **30,000 Leagues Under the Sea** Thriller. (2007, 12, 90min) ★★
6.40 FILM **The Lost Future** Sci-fi adventure. (2010, 15, 87min) ★★
8.30 **The Twilight Zone** (S1)
9.00 FILM **Quatermass and the Pit** Thriller. (1967, 12, 100min) ★★★★
10.55 FILM **Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
12.50 AM FILM **Tales from the Lodge** Horror comedy. (2019, 15, 93min) ★★
2.40 **to 4.30** AM FILM **Paydirt** Crime thriller. (2020, 15, 86min) ★

DMAX
172 169 38 150

6.00 AM **Kindig Customs**
8.00 **Speed Is the New Black** A Chevy truck.
9.00 **Richard Hammond's Workshop** Classic cars.
10.00 **Jade Fever**
12.00 NOON **Yukon Gold**
3.00 PM **Aussie Gold Hunters**
5.00 **Gem Hunters Down Under** Documentary.
6.00 **Gold Divers**
7.00 **Alaska Monsters**
8.00 **NASA's Unexplained Files** A craft that crashed on the moon.
9.00 **Paranormal Lockdown with Nick Groff**
10.00 **Portals to Hell**
11.00 **Body Bizarre**
12.00 M'T **Monsters Inside Me**
1.00 AM **Ed Stafford: Into the Unknown**
2.00 **Teleshopping**
4.00 **Insane Pools: Off the Deep End**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Kids Baking Championship** New editions Double bill.
10.00 **Delicious Miss Brown**
12.00 NOON **La Pitchoune: Cooking in France**
1.00 PM **James Martin's French Adventure**
3.00 **Great British Bake Off**
8.00 **Bobby's Triple Threat** The Titans face chef Claudette Zepeda, famous for her bold Mexican cuisine.
9.00 **Jamie's Quick & Easy Food** Recipes for crab spaghetti, and chocolate orange shortbread. **9.30** Recipes include sausage carbonara, scrambled egg omelette and steamed pudding.
10.00 **Mystery Diners**
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 **to 3.00** AM **Cheap Eats**

+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous: Fashion Crimes**
8.35 **Most Ridiculous: Babies**
9.00 **Most Ridiculous: Friends**
9.30 **Friends** (S1)
1.00 PM **Friends** (S1&2)
7.05 PM FILM **The Dukes of Hazzard** Comedy with Seann William Scott and Johnny Knoxville. (2005, 15, 104min) ★
9.00 FILM **Police Academy 4: Citizens on Patrol** Comedy sequel starring Steve Guttenberg. (1987, PG, 87min) ★
10.40 **Rhod Gilbert's Growing Pains** With Olga Koch, Michael Odewale and Dermot O'Leary.
11.40 **Kevin Bridges Live: The Story Continues**
12.40 AM **Iain Stirling: Failing Upwards** Stand-up.
2.10 **Digman!** (S1)
2.40 **South Park** (S14)
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Guessable?**
7.00 **Teleshopping**
9.00 **Guessable?**
10.00 **Guessable? Christmas Special**
11.00 **Home Improvement**
7.00 PM **Friends** 15/18. Joey's agent dies. **7.30** 16/18. The gang throw a going-away party for Rachel. **8.00** 17&18/18. The last-ever episode of the comedy. Monica and Chandler wait for Erica to give birth. (S10) **9.00** 11/24. Carol and Susan prepare for their wedding. **9.30** 12/24. Part one of two. Ross tries to track down Marcel at San Diego Zoo. (S2)
10.00 **Friends** (S2)
2.00 AM **Home Improvement**
3.00 **Reno 911!** (S3&4)
3.45 **Ugly Americans** (S1)
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **WW2 Treasure Hunters** War artefacts.
7.00 **Strange Evidence**
8.00 **The Proof Is Out There**
9.00 **Evidence of the Unexplained**
10.00 **Close Encounters**
11.00 **Ancient Aliens**
12.00 NOON **Weird or What? with William Shatner**
4.00 PM **Craig Charles: UFO Conspiracies**
6.00 **Close Encounters Down Under** Double bill.
8.00 **River Hunters**
9.00 **Al Murray: Why Do the Brits Win Every War?**
10.00 **The UnXplained with William Shatner**
11.00 **Strange Evidence**
12.00 M'T **Strangest Things**
1.00 AM **What on Earth?**
2.00 **Craig Charles: UFO...**
3.00 **Close Encounters Down Under** Double bill.
5.00 **to 6.00** AM **Hardcore Pawn**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **GPs: Behind Closed Doors** Triple bill.
12.00 NOON **Secret Life of the Forest** Double bill.
2.00 PM **Ben Fogle: New Lives in the Wild** Six editions, including at: **6.00** Ben reunites with a man who is living on the Pacific island of Fiji. **7.00** Ben revisits a former war reporter in British Columbia.
8.00 **Jimmy Tarbuck: 60 Years of Laughs** The comedian tells the story of his career. With contributions from Bradley Walsh and Michael Parkinson.
10.00 **Britain's Favourite Gameshows** Countdown of favourite shows from the popular TV genre.
12.05 AM **Kate: Our Perfect Princess of Wales?**
1.05 **to 3.00** AM **Paris to Rome with Bettany Hughes**

HGTV
158 191 44 166

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Love Your Garden**
1.00 PM **Love Your Garden**
3.00 **A Place in the Sun: Home or Away**
7.00 **A Place in the Sun** Two London barristers seek a holiday home on Spain's Costa del Sol.
8.00 **Fixer Upper: Welcome Home** A couple want to transform a 1970s Mediterranean money pit into a Tuscan oasis.
9.00 **A Place in the Sun: Home or Away** A couple want to downsize from their country home and find two new properties. **10.00** A couple choose between properties in Lowestoft and Marbella.
11.00 **A Place in the Sun**
1.00 AM **Inn the Works**
2.00 **to 4.00** AM **Love Your Garden**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Donal MacIntyre's Murder Files** Double bill.
2.00 PM **Medical Detectives**
5.00 **Judge Judy** Back-to-back real-life cases, including at: **8.20** A married couple claim a friend wrote them a bad cheque for the value of a truck. **8.45** A man denies throwing his mother out. **9.10** A woman claims the father of her grandchildren owes for a series of loans. **9.35** A man denies allegations that he promised to split the cost of day-care.
10.00 **Judge Judy**
12.05 AM **World's Most Unexplained...**
1.00 **Psychic Private Eyes**
4.00 **Donal MacIntyre's Murder Files**
5.40 **to 6.00** AM **Judge Judy**

TLC
133/134 828 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
9.00 **Say Yes... UK**
10.00 **Flip or Flop**
11.00 **Rock the Block**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **Sister Wives**
6.00 **Brother Vs. Brother**
7.00 **Home Town** A nurse is looking to turn his home in Laurel into a base for get-togethers.
8.00 **Dr Pimple Popper** Four editions of the series.
12.00 M'T **Body Bizarre** Ylena's neck dislocates at the slightest movement.
1.00 AM **Extreme Cheapskates**
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Flip or Flop**

+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM FILM **Moby Dick** Thriller. (2010, 12) ★★
10.00 FILM **Eye of the Beast** Thriller. (2007, 15) ★★
12.00 NOON FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
2.00 PM FILM **Bigfoot** Thriller. (2012, 12, 85min) ★★
4.00 **UFO** 25&26/26. (S1)
6.00 **The Prisoner** *Arrival:* 1/17. First episode of the cult drama. **7.00** *The Chimes of Big Ben:* 2/17. Number Six makes an escape bid. **8.00** *A, B and C:* 3/17. Number Six's dreams are manipulated. (S1)
9.00 FILM **Nomads** Horror starring Pierce Brosnan. (1986, 15, 89min) ★★
10.55 FILM **The Humanity Bureau** Sci-fi thriller starring Nicolas Cage. (2017, 15, 95min) ★★
1.00 **to 3.00** AM FILM **Nomads** As 9.00pm.

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Four Weddings**
10.00 **DC's Legends of Tomorrow** (S2)
3.00 PM **Manifest** *Precious Cargo:* 7/13. Saanvi makes a breakthrough. **4.00** *Destination Unknown:* 8/13. Saanvi grapples with a discovery at Eureka. **5.00** *Bogey:* 9/13. Ben reunites with a foe. **6.00** *Compass Calibration:* 10/13. Michaela unearths an arsenal of 828 hate. **7.00** *Duty Free:* 11/13. The consequences of Ben's actions test his marriage. (S3)
8.00 **UK Border Force** Double bill of editions.
10.00 **Never Mind the Buzzcocks** With guests Paloma Faith, Benji Webbe and Judi Love.
10.45 **Highway Patrol**
3.00 **to 6.00** AM **Four Weddings**

E!
159 159 835 160

7.00 AM **Wags: LA**
1.00 PM **Botched** Six editions of the series, including at: **5.00** A woman asks the doctors to fix her scarred stomach. **6.00** Help for a woman who crashed into a chain link fence in a motorcycle accident.
7.00 **Keeping Up with the Kardashians** Scott sets out to make Kris a legacy video. **8.00** Khloe tries to keep her pregnancy a secret. **9.00** The girls head to San Francisco before their babies arrive. **10.00** The Kardashian family prepare for the Christmas holidays. **11.00** Ryan Seacrest presents a look back at 10 years of the series.
12.00 M'T **Ice Loves Coco**
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
8.00 **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** In Mississippi, the Raneys teach a family of six to thrive off-grid together. **2.00** PM In Hawaii, the Raneys rescue a young family with a crumbling cabin. **4.00** The Raneys rescue a family descended from music royalty by reclaiming their homestead from the jungle.
6.00 **Gold Divers** Part two of two. Shawn and Kris attempt to settle their feud for good.

7.00 Moonshiners: Master...

7.00 **Moonshiners: Master Distiller** New edition Turning classic American breakfast foods into eye-opening spirits.
8.00 **Richard Hammond's Big** Richard joins the crew of one of the biggest moving objects on earth, the *Marie Maersk* container ship.
9.00 **How the Universe Works** Experts analyse what happens when galaxies containing billions of stars collide.
10.00 **Wheeler Dealers** Mike tracks down one of the most iconic estate cars of all time, the Volvo 240 Torslanda.
11.00 **Ant Anstead Master Mechanic** Ant seeks out Chip Foose for advice as the deadline for his Alfa build approaches. **11.30** Ant strips the Alfa 158 down and rebuilds the car for its debut at the US Grand Prix.
12.00 M'T **Naked and Afraid**
4.00 **to 5.00** AM **How It's Made**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Tanked**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Meet the Orangutans**
3.00 **Meet the Penguins**
4.00 **My Cat from Hell** Jackson Galaxy helps a young man deal with his cat phobia.
5.00 **Lone Star Law** Hunters trespass on private property.
6.00 **Tanked** Howie Mandel wants ATM to build him another tank.

8.00 Celebrity Animal...

7.00 **Pit Bulls & Parolees** The most adorable moments, from surprising rescues and teary reunions to heart-warming adoptions.
8.00 **Celebrity Animal Encounters** With Emily Deschanel and Alex Pall. **8.30** With Clinton Kelly, Al Roker and Raelynn.
9.00 **The Crocodile Hunter: Best of Steve Irwin** The chameleons, snakes and crocodiles on the island of Madagascar.
10.00 **Edge of Alaska** The last days of winter threaten the locals' way of life, and they must band together to stave off disaster.
11.00 **My Tiny Terror** LA dogs undergo behavioural therapy. **12.00** M'T A pomeranian threatens to break up a long-term friendship.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Made in a Day**
9.00 **Draining Loch Ness: In Search of The Monster**
10.00 **Europe from Above**
12.00 NOON **The Truth Behind**
1.00 PM **Buried Secrets of the Bible** Parting of the Red Sea.
2.00 **World's Greatest Train Journeys from Above**
5.00 **Building Impossible with Daniel Ashville**
6.00 **Running Wild with Bear Grylls: The Challenge** New edition Rita Ora skydives into the Valley of Fire.

6.00 Running Wild with Bear...

7.00 NEW SERIES **Ultimate Supercar** The McLaren team create their first production hybrid.
8.00 **Air Crash Investigation** A plane crashes just three miles from a runway, killing five of the eight people on board.
9.00 **Air Crash Investigation** The case of a flight that disappeared from radar while headed for Angola.
10.00 **Drug Lords: The Takedown** A drug lord resorts to cosmetic surgery to escape the law.
11.00 **Underworld, Inc** A look at the inner workings of illegal markets, from people trafficking to counterfeiting.
12.00 M'T **Banged Up Abroad**
2.00 AM **Lords of War**
2.55 **Made in a Day**
3.45 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Evidence of the Unexplained** UFO files.
7.00 **Battle 360** Double bill.
9.00 **Pawn Stars** Six editions.
12.00 NOON **Storage Wars**
3.00 PM **Digging for Britain** Alice Roberts and Matt Williams visit archaeological digs in the east of Britain. **4.00** Archaeological digs in the west of Britain. **5.00** Archaeological digs in the north of Britain. **6.00** Alice and Matt head to Salisbury Museum.

9.00 Rise and Fall of El Chapo

7.00 **Egypt's Unexplained Files** Science reveals new insights into belief and superstition in the land of the pharaohs.
8.00 **Egypt's Unexplained Files** The mysteries behind the ancient Egyptians' obsession with death and the afterlife.
9.00 NEW **The Rise and Fall of El Chapo** Exploring the life and career of Mexican drug kingpin Joaquin 'El Chapo' Guzman, looking at the man behind the myth and how his international drug cartel impacted the United States.
11.00 **The UnXplained with William Shatner** Exploring the purpose of giant monoliths found around the world.
12.00 M'T **Alone: Predator Lake** One survivalist bids goodbye.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Digging for Britain**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Sounds of the Sixties**
7.10 **Impossible Engineering**
8.00 **Narrow Escapes of World War II** Four editions.
12.00 NOON **Joanna Lumley's India**
3.00 PM **Joanna Lumley's Trans-Siberian Adventure**
4.00 **Bangers & Cash** A Chevy van and a Brooklands Capri tempt Derek out of Yorkshire. **5.00** Office manager Sarah attempts to bring order to the auto memorabilia sale. **6.00** Derek goes on a rare trip abroad to pick up a Bentley.

8.00 'Allo 'Allo!

7.00 **Bangers & Cash** Dave finds a very rare 1970s Sunbeam Lotus that has been rotting away in a farmyard for 29 years.
8.00 **'Allo 'Allo!** Rene's pals try to save him from a fate worse than death. **8.35** In the aftermath of her wedding day, Denise is out for blood. **9.05** Rene and the Resistance conjure up another bumbling plan. **9.40** Rene is sent into action to photograph the invasion plans.
10.10 **Bangers & Cash** Paul collects a 1924 Rover 9 that has been in the same family since the 1950s.
11.10 **Retro Electro Workshop** Shamil buys a 1980s Technics record deck, and Rob is on a call out to a museum where a Marconi set needs repairing.
12.10 AM **Bangers & Cash**
1.10 **Railway Murders**
2.10 **to 3.00** AM **Sounds of the Sixties**

+1 hour 255 329 74

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

144 144 834 137 12 172

6.00 AM **Blowing Up History: Seven Wonders**
8.00 **The Woodland Workshop**
9.00 **Salvage Hunters: The Restorers** A marriage cabinet.
10.00 **Who Do You Think You Are?**
11.00 **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
3.00 **Tom Kerridge's Sunday Lunch**
4.00 **Michel Roux's French Country Cooking**
5.00 **Find It, Fix It, Flog It**
7.00 **Salvage Hunters Celebrity Special** Fred Sirieix joins Drew Pritchard as he seeks more weird and wonderful objects.
8.00 **Salvage Hunters**
9.00 **The Repair Shop**
10.00 **Aussie Gold Hunters**
11.00 **Tony Robinson's World War One** Documentary.
12.00 M'T **Ancient Unexplained Files**
1.00 AM **Aircrash Confidential**
2.00 **Planes That Changed the World** Pioneering aircraft.
3.00 **Airplane Repo**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Hoarding: Buried Alive**
11.00 **Long Lost Family**
1.00 PM **Reasonable Doubt**
5.00 **Curvy Brides Boutique**
7.00 **Long Lost Family** A woman hopes to be reunited with her birth mother.
8.00 **The Killer in My Family** Relatives of John Orr reveal how his crimes impacted the family and community.
9.00 **Deadly Women** How a tense mother-daughter relationship led to murder.
10.00 **Murder on CCTV** In 2015, 33-year-old Jonathan Cherol is shot dead in his garden.
11.00 **Forensic Detectives** Homicide investigators meet crime writers. **12.00** M'T New technology used to catch criminals. **1.00** AM Arson investigators.
2.00 **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **Crimes That Shook Australia**
7.00 **Medical Detectives** A renowned surgeon is found murdered. **7.30** Police suspect a woman of murdering her husband. **8.00** The apprehension of a sniper in Virginia. **8.30** A woman jailed for life for killing her mother in a fire appeals against the conviction.
9.00 **Ron Iddles: The Good Cop** New editions After realising he'd arrested the wrong man over the murder of security guard Slawek Tomczyk, Ron Iddles worked even harder to prove the man's innocence. **10.00** Ron is haunted by his first homicide case, the murder of bookshop owner Maria James, but fresh evidence could now help solve it.
11.00 **Murder She Solved**
1.00 AM **Ron Iddles: The Good Cop**
3.00 **Crimes That Shook Australia**
4.40 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
7.30 **Road Wars**
8.30 **Caught Red Handed**
10.00 **Caught on Dashcam**
11.00 **Britain's Most Evil Killers**
1.00 PM **Murdered at First Sight**
2.00 **World's Most Evil Killers**
3.00 **Killer in My Village**
4.00 **Murders That Shocked the Nation** Donald Neilson.
5.00 **World's Most Evil Killers**
7.00 **Forensics: Catching the Killer** How the murder of Becky Godden-Edwards was solved.
8.00 **Britain's Most Evil Killers** The story of Derrick Bird. **9.00** Jane Longhurst's murder.
10.00 **The Forgotten West Memphis Three** The 1993 murders of three eight-year-old boys. **11.30** An interview that changes the course of a case.
1.00 AM **Mark of a Serial Killer**
2.00 **How I Caught the Killer**
3.00 **Snapped** Rebecca Barker.
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **The World After Stonehenge**
1.00 PM **Beautiful Serengeti**
1.30 **The World After Stonehenge** Neil Oliver explores the origins of Britain and its people. **2.40** The age of Celtic Britain. **3.50** The battles that marked the beginning of Roman Britain. **4.55** The legacy of the Romans.
6.05 **Secret Battle for the Ho Chi Minh Trail: The Misty Experiment** As 9.35pm.
7.20 **Spitfire Paddy** An ace fighter pilot with the RAF who became the youngest wing commander in its history in June 1942.
8.30 **Attack of the Zeppelins** A World War One aerial bombing campaign on London.
9.35 **Secret Battle for the Ho Chi Minh Trail: The Misty Experiment** US Air Force pilots recount the details of Operation Commando Sabre.
10.50 **Spitfire Paddy** As 7.20pm.
12.00 M'T **Attack of the Zeppelins**
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

SUNDAY

Sunday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Tom Cruise**
7.00 **Discovering: Kevin Costner**
8.00 **The Directors**
9.00 **The Capote Tapes**
11.00 **After the Bite**
12.45 PM **My Icon: Martin Offiah**
1.00 **The Man Who Stole the Scream** Documentary.
3.00 **Rise of the Superheroes**
5.15 **My Icon: Nasser Hussain**
5.30 **Otto Baxter: Not a F***ing Horror Story** Documentary following a horror movie director with Down's syndrome.
7.15 **The Puppet Asylum** Otto Baxter's short horror film.
8.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
10.00 **Telemarketers** 3/3. The murky truth behind a seedy New Jersey call centre.
11.15 **Transhood** Documentary following four children as they redefine 'coming of age'.
1.10 AM **Everton: Howard's Way**
3.10 **Console Wars** The rivalry between Nintendo and Sega.
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Tales from the Farm**
10.00 **Guardians of the Wild**
12.00 NOON **Islands** Triple bill.
3.00 PM **Extreme Animals: One Wild Day** Triple bill.
6.00 NEW **Monkeys and More: Our Closest Relatives** A journey around the world to find the shared traits between monkeys and humans.
7.00 **David Attenborough's First Life** Part one of two. The naturalist explores the origins of life on Earth, explaining how newly discovered fossils have transformed scientists' understanding of the first organisms.
8.30 **The Bachelor King** Exploring the lives of king penguins.
10.00 **The Predator's Playbook** The features that allow predators to survive in hostile environments.
11.00 **Monkeys and More: Our Closest Relatives**
12.00 M'T **Matsalu Moose: Wild Giants of the Baltics**
1.00 **to 6.00** AM **Wildlife Rescue New Zealand**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
9.00 **WW2 Treasure Hunters**
10.00 **Digging Up Britain's Past**
11.00 **River Hunters**
12.00 NOON **Battle 360**
1.00 PM **Ancient Aliens**
4.00 **Secrets of Great British Castles** Warwick Castle.
5.00 **Ancient Aliens** Reported discoveries of towering human-like skeletons. **6.00** Ancient tales of beings with super-human powers. **7.00** Investigating whether reptilian aliens are more than a pop-culture creation.
8.00 **Clash of the Gods** The story of Beowulf, the legendary Anglo-Saxon warrior.
9.00 **Ancient Aliens** Inventor Nikola Tesla's claims of contact with extraterrestrials.
10.00 **The Proof Is Out There**
11.00 **Hitler's Secret Sex Life**
12.00 M'T **Ancient Aliens**
3.00 AM **Shadow Force**
4.00 **Ancient Aliens**
5.00 **to 6.00** AM **Walking Through History: Peak District**

Crime+Investigation

156 156 837 133

6.00 AM **Court Cam**
9.00 **Killer in Plain Sight**
1.00 PM **The First 48**
5.00 **Meet, Marry, Murder**
6.00 **Homicide: Hours to Kill**
7.00 **After the First 48** A homeless man is ambushed and murdered on a dark trail in Tulsa.
8.00 **Body in the Suitcase: The Murder of Deborah Chong** The police arrest of Jemma Mitchell and build a strong case against their chief suspect in Deborah Chong's murder.
9.00 **60 Days In** New edition The remaining participants encounter obstacles while trying to fulfil their missions. Drugs run rampant throughout PCDC, resulting in a full shakedown.
10.00 **Booked: First Day In** New edition A father is arrested for not paying child support.
11.00 **Cold Case Files**
1.00 AM **I Survived a Serial Killer**
2.00 **I Am a Killer**
3.00 **to 6.00** AM **Motive to Murder**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **Wild 24**
11.00 **Cesar Millan: Better Human Better Dog** Cesar helps the owners of two aggressive pups.
12.00 NOON **Snakes in the City**
2.00 PM **Animal Fight Club**
3.00 **Kingdom of the White Wolf**
6.00 **Secrets of the Zoo: Tampa**
7.00 **America the Wild** Casey Anderson goes in search of the mountain lion in America's south-western states.
8.00 **When Sharks Attack 360** New edition Attacks from around the world committed by the great white shark.
9.00 **World's Deadliest Animals** Dangerous creatures that inhabit towns and cities.
10.00 **Shark Attack Files** A look at what makes the sharks with the most powerful bite so deadly.
11.00 **Snakes in the City** Mbali completes her training by capturing a black mamba inside a garden shed.
12.00 M'T **When Sharks Attack**
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Shed and Buried**
9.00 **Devonport: Inside the Royal Navy** Triple bill of editions.
12.00 NOON **Combat Dealers**
3.00 PM **Scandals of Ancient Egypt**
4.00 **King Tut's Mystery Tomb Opened** Otto Schaden and a team of archaeologists excavate tomb KV63.
5.00 **Blowing Up History** Triple bill.
8.00 **Shed and Buried** A collection of vintage bikes and rare British and American four-wheelers. **8.30** In Oxfordshire, Henry Cole and Sam Lovegrove find a shed full of interesting items. **9.00** Henry and Sam explore a tractor enthusiast's heaven. **9.30** Henry and Sam rummage around another shed.
10.00 **Salvage Hunters: The Restorers** A piece of luggage once owned by Russian royalty. **11.00** The restoration of a cast iron 19th-century fireplace.
12.00 M'T **How It's Made**
3.00 **to 5.00** AM **Salvage Hunters**

+1 hour 277 381

Eden

166 176

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
6.00 **Abandoned Engineering** A secret Japanese facility that was once at the forefront of weapons technology. **7.00** An impressive compound commandeered and repurposed by a brutal regime. **8.00** A creepy collection of buildings and monuments hidden in a Parisian park. **9.00** Exploring a now-silent site that played a pivotal role defending the USA through the 20th century. Plus, a crumbling Italian fortress and a ghostly Ukrainian mansion. **10.00** A juggernaut of Soviet engineering which was crucial to the international space race. **11.00** The mysterious Cachtice Castle home to Elizabeth Bathory, said to have killed over 600 girls, and a mysterious structure on the 38th parallel.
12.00 M'T **Abandoned Engineering**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **Web of Lies**
7.00 **Teleshopping**
8.00 **Reasonable Doubt**
2.00 PM **American Monster**
8.00 **Reasonable Doubt** The murder of Jerome Scott. **9.00** Focusing on the case of Erick Westervelt.
10.00 **Faking It: Jimmy Savile** Experts in body language, linguistics and forensic psychology examine how one of the biggest stars in British television and showbusiness got away with decades of sexual abuse.
11.00 **Jimmy Savile: The People Who Knew** Examining how the TV personality's crimes remained a secret to the public until after his death.
12.30 AM **Who the (Bleep) Did I Marry?** The case of bigamist Vernon Pierce, who was married to four women – two in California and two in Arizona.
1.00 **Blood Relatives**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Scrap Kings**
9.00 **How It's Made**
12.00 NOON **Vintage Voltage**
5.00 PM **Destroyed in Seconds** Footage of an F-14 Tomcat exploding over the ocean. **5.30** Explosions rip through a Brazilian chemical plant. **6.00** A tornado causes destruction in Kansas. **6.30** A plane crash puts Neil Armstrong's life at risk.
7.00 **Wheeler Dealers** The boys are determined to mark the MGB's 60th anniversary in style. **8.00** To Ant's dismay, Mike buys a 1979 Triumph TR7. **9.00** Mike finds an MGA that needs just a few cosmetic jobs. **10.00** Restoring a Morgan. **11.00** Transforming an Austin-Healey Frogeye Sprite. **12.00** M'T Mike and Edd take on a Triumph Stag as a project.
1.00 AM **Massive Engineering Mistakes** The Queen Juliana Bridge in the Netherlands.
2.00 **to 5.00** AM **Kindig Customs**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **All My Puny Sorrows**
8.00 **Breaking Point** Drama. (2023, 12, 102min) ★★★
9.45 **Marcel the Shell with Shoes On** As shown at 5.20pm.
11.30 **Knock at the Cabin** (2022)
1.25 PM **All My Puny Sorrows** Drama. (2021, 15) ★★★
3.25 **80 for Brady** Comedy. (2022, 12, 98min) ★★★
5.20 **Marcel the Shell with Shoes On** Animated family comedy. (2021, PG, 90min) ★★★★

11.05 Swallowed

7.05 **Knock at the Cabin** Horror mystery starring Dave Bautista. (2022, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **God Is a Bullet** Crime thriller starring Nikolaj Coster-Waldau. A former detective infiltrates the cult that murdered his ex-wife and kidnapped his daughter with the help of its only escapee. With Maika Monroe. (2023, 18, 156min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 PREMIERE **Swallowed** Horror thriller starring Cooper Koch, Jose Colon and Jena Malone. (2022, 18, 96min) ★★ *See review, page 23.*
12.50 AM **Scream VI** Horror sequel. (2023, 18, 122min) ★★★
3.05 **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★
5.45 **to 6.00** AM **The Cinema List: Unmissable Sky Originals**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.00 AM **Kindred** Horror thriller. (2021, 15, 101min) ★★★
7.50 **The Desperate Hour** Thriller. (2021, 12, 84min) ★★★★
9.30 **Angels & Demons** Thriller. (2009, 12, 138min) ★★
11.55 **Inferno** (2016, 12) ★★★
2.00 PM **Bullet Train** Comedy thriller. (2022, 15) ★★★★
4.10 **Men in Black: International** Fantasy. (2019, 12) ★★★
6.10 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★

6.10 Central Intelligence

8.00 **Jurassic World: Dominion** Sci-fi adventure sequel starring Chris Pratt and Bryce Dallas Howard. Four years after Isla Nublar was destroyed, Biosyn operatives attempt to locate Maisie Lockwood, while familiar faces make an appearance. (2022, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **The Blair Witch Project** Documentary-style chiller with Heather Donahue, Joshua Leonard and Michael Williams. (1999, 15, 76min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Kickboxer** Thriller starring Jean-Claude Van Damme. (1989, 18, 105min) ★
1.50 AM **Creation Stories** Biopic. (2021, 15, 105min) ★★
3.50 **to 6.00** AM **Father of the Bride** Comedy remake. (2022, 12, 117min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **Sundown** As 2.05am.
8.00 **The Integrity of Joseph Chambers** As 3.35am.
9.40 **Albert Nobbs** As 12.10am.
11.35 **Kramer vs Kramer** As 10.20pm.
1.25 PM **The Last Samurai** Action drama. (2003, 15) ★★★★
4.00 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
5.50 **Sabrina** Romantic comedy. (1995, PG, 127min) ★★★

8.00 **Vanilla Sky** Fantasy starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. (2001, 15, 136min) ★★★
10.20 **Kramer vs Kramer** Oscar-winning drama starring Dustin Hoffman and Meryl Streep as a divorced couple fighting for custody of their child. (1979, PG, 104min) ★★★★★
12.10 AM **Albert Nobbs** Drama. (2011, 15, 109min) ★★★★

2.05 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★
3.35 **The Integrity of Joseph Chambers** Drama with Clayne Crawford and Jordana Brewster. (2022, 15, 96min) ★★★
5.15 **to 7.15** AM **Der Kaiser** Biopic. (2022, PG, 120min) ★★★

Sky Cinema Dystopia

311 311 411 511 525

6.00 AM **Something in the Dirt** Sci-fi comedy drama. (2022, 15, 116min) ★★★★
8.10 **Next Exit** As 3.25am.
10.00 **After Yang** As 1.45am.
11.45 **The Cabin in the Woods** Horror. (2011, 15, 91min) ★★★★
1.25 PM **M3gan** Horror thriller. (2022, 15, 102min) ★★★
3.15 **The Core** Sci-fi action thriller. (2002, 12, 135min) ★

5.35 **Divergent** Sci-fi adventure starring Shailene Woodley. (2014, 12, 136min) ★★★
8.00 **Divergent: Insurgent** Sci-fi adventure sequel starring Shailene Woodley and Kate Winslet. (2015, 12, 116min) ★★
10.00 **Biosphere** Sci-fi comedy drama starring Mark Duplass and Sterling K Brown. In the not-too-distant future, the last two men on Earth must adapt and evolve to save humanity. (2022, 15, 106min) ★★★

11.50 **Midnight Special** Adventure. (2015, 12, 109min) ★★★★
1.45 AM **After Yang** Sci-fi drama. (2022, PG, 96min) ★★★★
3.25 **Next Exit** Sci-fi comedy. (2022, 15, 106min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.20 AM **Cinema List: Epic Quest**
6.40 **Racing Stripes** (2004) ★★★
8.25 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
10.25 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★
1.45 PM **The Mortal Instruments: City of Bones** (2013, 12) ★★★
4.00 **Willy Wonka and the Chocolate Factory** Fantasy. (1971, U, 100min) ★★★★
5.45 **Matilda** (1996, PG) ★★★★

5.45 Matilda

7.30 **A Monster Calls** Fantasy drama starring Lewis MacDougall and Felicity Jones, with the voice of Liam Neeson. (2016, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Peter Rabbit** Family comedy based on Beatrix Potter's stories, featuring the voices of James Corden and Margot Robbie. A mischievous rabbit takes on a farmer in a battle of wits. (2018, PG, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Fantastic Beasts and Where to Find Them** Fantasy prequel starring Eddie Redmayne. (2016, 12, 133min) ★★★★
1.20 AM **Wickensburg** Adventure starring Denise Richards. (2022, PG, 90min) ★★★
2.55 **Pups Alone** Family comedy with the voice of Jennifer Love Hewitt. (2021, PG, 107min) ★
4.55 **to 6.40** AM **Robo-Dog: Airborne** Adventure sequel. (2017, U, 88min) ★★★

Sky Cinema Action

307 307 407 507 521

6.00 AM **The Dark Tower** (2017)
7.50 **The 355** Action thriller. (2022, 12, 122min) ★★★
10.00 **The Accidental Spy** Action comedy. (2001, 12, 83min) ★★
11.45 **Homefront** As 11.55pm.
1.40 PM **The Last Witch Hunter** Fantasy. (2015, 12) ★★★
3.40 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★
6.00 **The Expendables** Adventure. (2010, 18, 99min) ★★★

6.00 The Expendables

8.00 **The Expendables 2** Action adventure sequel starring Sylvester Stallone, Jason Statham, Jean-Claude Van Damme, Bruce Willis and Arnold Schwarzenegger. (2012, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Expendables 3** Action thriller sequel starring Sylvester Stallone and Mel Gibson. Soldier of fortune Barney Ross recruits a new team to battle an arms dealer with a score to settle. (2014, 12, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Homefront** Action thriller. (2013, 15, 98min) ★★★
1.40 AM **American Night** Crime drama starring Jonathan Rhys Meyers and Emile Hirsch. (2021, 15, 123min) ★★★
3.50 **The Dark Tower** Fantasy. (2017, 12, 95min) ★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **Boxing Day** As 3.05am.
8.55 **Kate & Leopold** Comedy. (2001, 12, 118min) ★★★
11.00 **Black Sheep** Comedy. (1996, 12, 87min) ★★
12.35 PM **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
2.35 **Meet the Fockers** Comedy sequel. (2004, 12) ★★★
4.35 **National Security** Comedy. (2003, 12, 88min) ★
6.10 **I Love You, Man** Comedy. (2009, 15, 100min) ★★★★

6.10 I Love You, Man

8.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold and John Ashton. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy Detective Axel Foley goes on the trail of a gang led by a six-foot blonde. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Beverly Hills Cop 3** Comedy sequel starring Eddie Murphy. (1994, 15, 104min) ★★
1.30 AM **Carry On Spying** Spoof starring Kenneth Williams. (1964, b/w, U, 84min) ★★★★
3.05 **Boxing Day** Comedy. (2021, 12, 109min) ★★★
5.00 **to 6.45** AM **Bewitched** Romantic comedy fantasy. (2005, PG, 102min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **Barbarians** Thriller. (2021, 15, 89min) ★★★
8.25 **9 Bullets** Crime thriller. (2022, 15, 97min) ★
10.15 **Limitless** Action thriller. (2011, 15, 104min) ★★★★
12.05 PM **Child 44** As 2.05am.
2.25 **Focus** Comedy crime drama. (2015, 15, 105min) ★★★
4.15 **Man on a Ledge** Thriller. (2011, 12, 98min) ★★★
6.00 **The Dry** Crime drama. (2020, 15, 117min) ★★★★

9.50 No Country for Old Men

8.00 **2 Guns** Action thriller starring Denzel Washington and Mark Wahlberg. A pair of double-dealing crooks join forces for real after inadvertently stealing $43million from the CIA. (2013, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **No Country for Old Men** Crime thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million in drug money. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Hunt** South Korean thriller directed by and starring Lee Jung-jae. Subtitled. (2022, 15, 125min) ★★★
2.05 AM **Child 44** Detective thriller. (2015, 15, 134min) ★★★
4.25 **to 6.15** AM **Blacklight** Action thriller. (2022, 15, 104min) ★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Arthur's Hallowed Ground** Comedy drama. (1986, PG, 71min) ★★
12.35 PM **The Adventures of Tintin** Animated family adventure. (2011, PG, 106min) ★★★★★
2.45 **The Perfect Catch** Comedy. (2005, PG, 103min) ★★★
4.50 **Johnny English Strikes Again** Comedy. (2018, PG) ★★★
6.35 **Mrs Doubtfire** Comedy. (1993, PG, 125min) ★★★★

9.00 Logan

Mrs Doubtfire (film started at 6.35pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Logan** Fantasy adventure starring Hugh Jackman and Patrick Stewart. Wolverine and an ailing Professor X find their worlds turned upside down by a young mutant pursued by bounty hunters. With Dafne Keen. (2017, 15, 132min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **East Is East** Comedy drama with Om Puri. In early 1970s Salford, a Pakistani chip shop owner tries to raise his seven children as traditional Muslims to the dismay of his English wife and bolshy kids. (1999, 15, 96min) ★★★★ **11 PM**
1.45 **to 3.55** AM **Deepwater Horizon** Fact-based drama. (2016, 12, 105min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 302 402 502 516

6.00 AM **Charming the Hearts of...**
8.00 **Mrs Harris Goes to Paris** Period comedy drama. (2022, PG, 115min) ★★★★
10.10 **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
12.00 NOON **Grown Ups 2** Comedy sequel. (2013, 12, 101min) ★
1.50 PM **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★

3.50 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
6.10 **Maid in Manhattan** Romantic comedy starring Jennifer Lopez. (2002, PG, 105min) ★★★
8.00 **Mamma Mia!** Musical with Meryl Streep and Amanda Seyfried. (2008, PG, 108min) ★★★★
10.00 **Kinky Boots** Comedy with Joel Edgerton and Chiwetel Ejiofor. (2005, 12, 107min) ★★★★
11.50 **Ticket to Paradise** Romantic comedy. (2022, 12, 104min) ★★

1.45 AM **How to Please a Woman** Drama starring Sally Phillips. (2022, 15, 107min) ★★★
3.40 **Charming the Hearts of Men** Historical romance starring Anna Friel. (2021, 12, 107min) ★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Directors

304 304 404 504 518

6.00 AM **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
7.55 **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
10.05 **A Beautiful Mind** Biopic. (2001, 12, 136min) ★★★★
12.10 PM **Stand by Me** Drama. (1986, 15, 89min) ★★★★★
1.40 **A Few Good Men** Legal drama. (1992, 15, 132min) ★★★★

4.00 **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan as two people who fall in love without ever meeting. (1993, PG, 105min) ★★★★★
5.50 **The Terminal** Steven Spielberg's comedy drama with Tom Hanks and Catherine Zeta-Jones. (2004, 12, 129min) ★★★★
8.00 **Forrest Gump** Multi-Oscar-winning whimsical fable starring Tom Hanks, Robin Wright, Gary Sinise and Sally Field. (1994, 12, 136min) ★★★★

10.25 **Bad Boys** Comedy thriller with Martin Lawrence and Will Smith. (1995, 15, 118min) ★★★
12.25 AM **Bad Boys II** Comedy thriller sequel. (2003, 15, 147min) ★★★
2.55 **A Few Good Men** As 1.40pm.
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Norm of the North: King-Sized Adventure** Animation. (2019, U, 90min) ★★
7.45 **The Reef 2: High Tide** (2013)
9.10 **Rock Dog 2: Rock Around...**
10.45 **Happy Feet** Animated musical. (2006, U, 108min) ★★★★
12.40 PM **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
2.25 **Riverdance: The Animated Adventure** (2021, U) ★★★

4.00 **Shrek** (2001, U) ★★★★★
5.35 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
7.10 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
8.45 **The Reef 2: High Tide** Animated sequel. (2013, U, 80min) ★★
10.10 **Rock Dog 2: Rock Around the Park** Animation. (2021, U) ★★
11.45 **Asterix: The Secret of the Magic Potion** (2018, PG) ★★★
1.15 AM **Scooby-Doo! & Batman: The Brave and the Bold** Animation. (2018, PG) ★★★

2.35 **Duck Duck Goose** Animation. (2018, PG, 91min) ★★★
4.10 **DC Super Hero Girls: Hero of the Year** Animated fantasy. (2016, PG, 76min) ★★★
5.30 **to 6.50** AM **Open Season 2** Animated comedy sequel. (2008, PG, 73min) ★★★

Movies 24

325 419

7.00 AM **Chronicle Mysteries**
9.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
11.00 **A Romance Wedding** Comedy. (2020, PG, 85min) ★★
1.00 PM **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
3.00 **Making Waves** Romantic comedy. (2023, PG, 84min) ★★
5.00 **Heart of the Matter** Drama. (2015, U, 90min) ★★

7.00 **Luckless in Love** Romantic comedy starring Paniz Zade. A blogger's career takes off after a piece about a bad date, forcing her to keep seeing the man for her career's sake. (2023, PG, 86min) ★★
9.00 **The Best Version of Love** Romantic comedy starring Natasha Wilson. A publicist helps a charming-but-stubborn American footballer to transform his public image. (2023, PG, 86min) ★★

11.00 **A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
1.00 AM **Her Pen Pal** Romantic drama. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **Scented with Love** Drama. (2022, PG, 83min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Sailors Don't Care** Comedy. (1940, b/w, U, 79min) ★★★
7.35 **Pot O' Gold** Comedy. (1941, b/w, U, 85min) ★★★
9.20 **Man on a Tightrope** Drama. (1953, b/w, PG, 105min) ★★
11.35 **Four Star Theatre** (S3)
12.10 PM **Lust for Gold** Western. (1949, b/w, PG, 90min) ★★
2.00 **The Adventures of Robin Hood**
2.30 **The Larkins** 3/8. (S5)

3.10 **The Boy and the Pirates** Children's fantasy adventure. (1960, b/w, U, 84min) ★★
4.55 **Cinebox Memories**
5.00 **The Footage Detectives**
6.00 **Tell Me Another**
6.30 **The Lion** Drama with William Holden. (1962, PG, 96min) ★★
8.25 **A Hole Lot of Trouble** Short comedy starring Arthur Lowe. (1971, PG, 27min) ★★★
9.00 **Van der Valk** 2/4. (S4)
11.10 **Wicked As They Come** Drama. (1956, b/w, PG, 94min) ★★★

1.05 AM **Magic** Horror thriller starring Anthony Hopkins. (1978, 15, 106min) ★★
3.15 **The Heritage Chart Show with Mike Read** Music show.
4.20 **to 6.00** AM **Dusty Ermine** Thriller starring Ronald Squire. (1936, b/w, U, 74min) ★★★

Sunday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

5.55 AM **LIVE Formula 1** Coverage of the Japanese Grand Prix at Suzuka International Racing Course. Start-time **6.00am**.
9.00 **LIVE Solheim Cup Golf Europe v USA.** The singles matches on the third and final day of the women's team competition.
2.00 PM **LIVE Super Sunday Arsenal v Tottenham Hotspur.** Coverage of the Premier League match, staged at Emirates Stadium. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Sheffield United v Newcastle United.** The Premier League fixture at Bramall Lane. Kick-off **4.30pm**.
7.00 **LIVE NFL New York Jets v New England Patriots.** The week three match at MetLife Stadium. Kick-off **6.00pm**.
9.15 **LIVE NFL Kansas City Chiefs v Chicago Bears.** Coverage of the week three match at Arrowhead Stadium. Kick-off **9.25pm**.
12.30 AM **NBC's FNIA**
1.20 **LIVE NFL Las Vegas Raiders v Pittsburgh Steelers.** The week three match. Kick-off **1.20am**.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **Premier League Highlights**
7.30 **SNF** Brentford v Everton.
8.00 **Premier League Highlights**
9.30 **SNF** Brentford v Everton.
10.00 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
1.00 PM **LIVE Super Sunday Arsenal v Tottenham Hotspur.** Coverage of the Premier League match, staged at Emirates Stadium. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Sheffield United v Newcastle United.** The Premier League fixture at Bramall Lane. Kick-off **4.30pm**.
7.30 **Bundesliga: Ultimate No.9 – Harry Kane**
8.00 **Premier League Highlights** Crystal Palace v Fulham. **8.30** Action from Luton Town v Wolverhampton Wanderers. **9.00** Highlights of Manchester City v Nottingham Forest.
9.30 **SNF** Brentford v Everton.
10.00 **Premier League Highlights** Brighton v Bournemouth. **10.30** Liverpool v West Ham Utd.
11.00 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Highlights**
8.00 **EFL Goals: Leagues 1 & 2**
8.30 **SPFL** Livingston v Celtic.
8.45 **EFL Highlights**
10.00 **EFL Goals: Leagues 1 & 2**
10.30 **SPFL** Livingston v Celtic.
10.45 **EFL Highlights**
11.30 **LIVE EFL Stoke City v Hull City.** The Championship clash at bet365 Stadium. Kick-off **12.00noon**.
2.30 PM **LIVE Bundesliga Bayer Leverkusen v FC Heidenheim.** From BayArena. Kick-off **2.30pm**.
4.30 **LIVE Bundesliga Eintracht Frankfurt v SC Freiburg.** Coverage from Deutsche Bank Park. Kick-off **4.30pm**.
6.30 **Bundesliga: Ultimate No.9**
7.00 **EFL Goals: Leagues 1 & 2**
7.30 **EFL** Stoke City v Hull City.
9.30 **EFL Highlights**
10.30 **EFL Goals: Leagues 1 & 2**
11.00 **EFL Highlights**
12.00 M'T **EFL Greatest Games**
1.00 AM **Championship Season Review** The 2014/15 campaign.
2.00 **EFL Trophy Football**
2.30 **Best Moments From the Championship Play-Off Final**
3.00 **EFL Cup Retro**
5.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **How the 2003 ICC World Cup Was Won**
9.00 **How the 2007 ICC World Cup Was Won** Archive action.
12.00 NOON **How the 2011 ICC Cricket World Cup Was Won**
2.00 PM **How the 2015 ICC World Cup Was Won** A look at the path to success for the victorious team.
4.00 **The World Cup Through Their Eyes** A look back at England's victorious Cricket World Cup through the eyes of the players.
6.00 **One-Day International Cricket** England v Ireland at Trent Bridge.
7.00 **Secrets of Success**
9.15 **ICC Men's Cricket World Cup: The Expert's View** A look ahead to the Cricket World Cup in India.
10.15 **Cricket World Cup** A look back at the Cricket World Cup of 2003.
11.15 **World Cup Cricket Classics** England v Australia from 1992.
12.15 AM **One-Day International Cricket** England v Ireland.
1.15 **How the 2011 ICC Cricket World Cup Was Won**
3.15 **One-Day International Cricket** Action from England v Ireland.
4.15 **World Cup Cricket Classics**
5.00 **to 6.00** AM **Cricket World Cup**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Solheim Cup Golf**
7.00 **Suzann Pettersen: Her Final Putt** As shown at 6.00pm.
7.45 **Solheim Cup Golf**
9.00 **LIVE Solheim Cup Golf Europe v USA.** The singles matches on the third and final day of the women's team competition.
6.00 PM **Suzann Pettersen: Her Final Putt** A look back at the career for former ladies' world number one Suzann Pettersen.
6.45 **Solheim Cup Golf**
7.00 **Luke Donald: Cool Hand Luke**
7.30 **Countdown to the Ryder Cup**
8.00 **Solheim Cup Golf** Day three.
9.00 **Hall or Nothing: Georgia's Story** In 2018, Georgia Hall became the first home champion of the Women's British Open.
10.00 **Solheim Cup Golf** Day three.
11.00 **Challenge Tour Golf**
11.30 **Roots** Annika Sorenstam.
12.00 M'T **Solheim Cup Golf**
1.00 AM **Portrait of a Captain: Catriona** With Catriona Matthew.
1.30 **Roots** Annika Sorenstam.
2.00 **Solheim Cup Golf**
3.00 **Golf Academy**
4.00 **Solheim Cup Golf**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **LIVE AFLW St. Kilda v Collingwood.** Coverage from RSEA Park. Start-time **6.05am**.
8.00 **Premier League**
9.30 **National League Highlights**
11.30 **LIVE Serie A Empoli v Inter Milan.** From Stadio Carlo Castellani. Kick-off **11.30am**.
1.30 PM **No Filter Boxing**
1.45 **No Filter Football**
2.00 **LIVE Serie A Atalanta v Cagliari.** The top-flight clash at Gewiss Stadium. Kick-off **2.00pm**.
4.00 **Serie A** Lazio v Monza.
5.00 **LIVE Serie A Bologna v Napoli.** Coverage from Stadio Renato Dall'Ara. Kick-off **5.00pm**.
7.00 **Champions League Magazine**
7.30 **LIVE Ligue 1 Paris Saint-Germain v Marseille.** The French top-flight match at Parc des Princes. Kick-off **7.45pm**.
9.45 **Europa League Goals Reload**
10.00 **CPL** A qualifier play-off match.
10.30 **O Arise, All You Sons**
11.30 **LIVE Hero CPL** Coverage of the final at Providence Stadium.
3.45 AM **What I Wore** Jamie Vardy.
4.00 **PSA Squash Highlights**
5.00 **to 6.00** AM **Fishing: On the Bank**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **MotoGP** Grand Prix of India.
6.30 **LIVE MotoGP** The Grand Prix of India warm-up session.
7.00 **MotoGP Rewind**
7.15 **LIVE MotoGP** Coverage of the Grand Prix of India Moto3, Moto2 and MotoGP races, staged at Buddh International Circuit.
12.15 PM **MotoGP Chequered Flag**
1.15 **Deaf Away Days**
1.30 **CPL** A qualifier play-off match.
2.00 **LIVE Ligue 1 Lens v Toulouse.** The top-flight match at Stade Bollaert-Delelis. Kick-off **2.00pm**.
4.00 **LIVE Ligue 1 Montpellier v Rennes.** Kick-off **4.05pm**.
6.00 **Champions League Goals**
6.15 **The WRC Magazine**
6.45 **National League Highlights**
7.15 **Europa League Goals Reload**
7.30 **LIVE Serie A Torino v AS Roma.** Kick-off **7.45pm**.
9.45 **No Filter Boxing**
10.00 **Fight Night Live**
12.00 M'T **LIVE MLB** A regular-season match. Start-time **12.00m't**.
3.30 AM **MLB Plays of the Week**
4.00 **What Went Down**
4.30 **WSL Championship Tour**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **The Football Archives: UEFA Champions League**
6.30 **UEFA Champions League Magazine** News and action.
7.00 **Fight Night** Another chance to see Zhilei Zhang v Joe Joyce.
9.00 **WWE Raw Highlights**
10.00 **WWE SmackDown Highlights**
11.00 **Ligue 1** Brest v Lyon.
12.00 NOON **LIVE Ligue 1 Metz v Strasbourg.** Coverage of the French top-flight match, which takes place at Stade Saint-Symphorien. Kick-off **12.00noon**.
2.00 PM **LIVE Serie A Udinese v Fiorentina.** Coverage of the Italian top-flight encounter at Dacia Arena. Kick-off **2.00pm**.
4.00 **WWE Friday Night SmackDown** Wrestling action.
5.30 **MLB: Off the Bat** Recent action from Major League Baseball.
6.00 **LIVE MLB** A Major League Baseball regular season match.
9.30 **MLB Plays of the Week** The most exciting plays from the past week's matches.
10.00 **UFC Fight Night** A replay of Rafael Fiziev v Mateusz Gamrot.
1.00 AM **Ligue 1** Recent highlights.
5.00 **to 6.00** AM **Classic Ligue 1**

Sky Sports NFL

407 407 865 | 517 507 | 426 446

6.00 AM **NFL Highlights**
11.00 **NFL: America's Game**
12.00 NOON **NFL Bitesize Highlights** Brief highlights of Jacksonville Jaguars v Kansas City Chiefs. **12.15** PM Action from Dallas Cowboys v New York Jets. **12.30** Highlights of New England Patriots v Miami Dolphins. **12.45** Action from Carolina Panthers v New Orleans Saints.
1.00 **NFL Highlights** San Francisco 49ers v New York Giants.
2.00 **NFL Gameday**
5.00 **LIVE NFL New York Jets v New England Patriots.** Coverage of the week three clash, which takes place at MetLife Stadium. Kick-off **6.00pm**.
9.15 **LIVE NFL Kansas City Chiefs v Chicago Bears.** Coverage of the week three match at Arrowhead Stadium. Kick-off **9.25pm**.
12.30 AM **NBC's FNIA**
1.20 **LIVE NFL Las Vegas Raiders v Pittsburgh Steelers.** Coverage of the week three encounter which takes place at Allegiant Stadium. Kick-off **1.20am**.
4.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **Women's Super League**
6.30 **Spirit of Yachting**
7.00 **One-Day International Cricket** Action from England v Ireland.
8.00 **Solheim Cup Golf**
9.00 **Super League Highlights**
9.15 **Women's Super League**
9.45 **Super League Highlights**
10.00 **International Netball** Game one of New Zealand v England.
12.00 NOON **LIVE DP World Tour Golf** Coverage of the third day's play of the Open De France at Le Golf National in Saint-Quentin-en-Yvelines.
5.00 PM **Women's Super League** Highlights from a semi-final.
5.30 **Spirit of Yachting** Action from the Rolex TP52 World Championship in Barcelona.
6.00 **NFL Redzone** The NFL Network show that switches between today's games, featuring the latest developments and score updates.
1.00 AM **Spirit of Yachting**
1.30 **Women's Super League**
2.00 **Solheim Cup Golf** Action from the singles matches on day three.
3.00 **International Netball** Game one of New Zealand v England.
5.00 **to 6.00** AM **Formula 1**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Serie A** Recent highlights.
9.00 **Ligue 1** Nantes v Lorient.
10.00 **UEFA Champions League Goals Reload** Matchday one.
10.15 **TNT Sports Reload**
10.30 **CPL** A qualifier play-off match.
11.00 **MLB: Off the Bat**
11.30 **Fishing: On the Bank**
12.30 PM **The WRC Magazine**
1.00 **National League Highlights**
1.30 **MLB** A chance to see Los Angeles Dodgers v San Francisco Giants.
4.00 **UEFA Europa League Highlights Show** Action from the matchday one fixtures.
5.00 **Fight Night** Another chance to see Zhilei Zhang v Joe Joyce.
7.00 **MotoGP** Grand Prix of India race.
8.00 **MotoGP Chequered Flag**
9.00 **WWE SmackDown Highlights**
10.00 **WWE NXT** The next generation of stars showcase their talents.
11.45 **Ariel Helwani Meets**
12.00 M'T **World Poker Tour Series**
3.00 AM **Fight Night**
5.00 **to 6.00** AM **MLB**

Eurosport 1

413 413 868 | 521 | 412 435

6.15 AM **LIVE Cycling: Tour of Langkawi** Coverage of stage two, featuring a 186.2km route.
7.45 **Cycling: Paris-Roubaix**
8.00 **Sailing: Spirit of Yachting**
8.30 **Tennis: Laver Cup**
11.30 **LIVE Cycling: European Championships** Coverage of the men's road race in Drenthe.
4.15 PM **Cycling: Tour of Luxembourg** The fifth stage.
5.15 **Climbing World Cup**
6.30 **Tennis: Laver Cup**
8.00 **LIVE Tennis: Laver Cup** Coverage of day three from Rogers Arena in Vancouver, featuring matches between Team Europe and Team World.
12.00 M'T **LIVE Tennis: Laver Cup** Further coverage of day three from Rogers Arena in Vancouver.
4.00 AM **Cycling: Tour of Luxembourg**
5.00 **Cycling: Les Reines du Tour**
5.30 **to 6.30** AM **Cycling: Tour of Langkawi**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Wrestling: World Championships** From Belgrade.
6.30 **Motocross World C'ship**
8.30 **World Superbikes**
9.30 **LIVE World Superbikes** Round 10 at MotorLand Aragon.
10.45 **World Superbikes**
11.15 **LIVE World Superbikes** Round 10 at MotorLand Aragon.
3.15 PM **EWC All Access**
3.45 **World Superbikes**
4.00 **LIVE Motocross World Championship** In Hampshire.
6.00 **Formula E** Season review.
7.00 **World Superbikes**
8.00 **Cycling: Tour of Langkawi**
9.00 **Cycling: European Championships** From Drenthe.
10.00 **Cycling: Tour of Luxembourg**
11.00 **World Superbikes**
12.00 M'T **Cycling** Recent highlights.
2.00 AM **Snooker: English Open**
3.30 **Olympic Games**
4.00 **British Speedway**
5.00 **to 6.00** AM **World Superbikes**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

7.00 AM **Super League Gold**
7.05 **LIVE NRLW** A semi-final match.
8.50 **Super League Gold**
9.00 **Super League Highlights**
9.15 **Women's Super League**
9.45 **Super League Highlights**
10.00 **British Basketball**
12.15 PM **Super League Highlights**
12.45 **Women's Super League**
1.15 **US Open Tennis** A chance to see Coco Gauff v Karolina Muchova.
3.15 **Super League Highlights**
3.30 **British Basketball**
5.45 **Super League Highlights**
6.00 **LIVE WNBA** Coverage of a match in the play-offs.
8.00 **International Netball**
10.00 **Show Jumping**
11.00 **Super League Highlights**
11.30 **Women's Super League**
12.00 M'T **International Netball**
2.00 AM **Show Jumping**
3.00 **British Basketball**
5.15 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports F1

406 406 864 | 516 506 | 425 445

5.55 AM **LIVE Formula 1** Coverage of the Japanese Grand Prix at Suzuka International Racing Course. Start-time **6.00am**.
9.00 **The Notebook**
9.30 **Formula 1** Japanese Grand Prix.
11.45 **F1 Features**
12.00 NOON **Formula 1** Recent action.
5.30 PM **The Notebook**
6.00 **Formula 1** Japanese Grand Prix.
7.00 **The Notebook**
7.30 **F1 Features**
8.00 **Formula 1** Japanese Grand Prix.
10.05 **Mario Isola: Medic in Milan**
10.10 **Crofty's NFL Test**
10.20 **Bernie & Checo Reunited**
10.30 **Formula 1** Japanese Grand Prix.
11.30 **The Notebook**
12.00 M'T **F1 Features**
12.30 AM **Formula 1** Recent action.
5.00 **Ocon & Brundle's Silverstone Hot Laps**
5.10 **The Growth of Maxmania**
5.20 **The 1975 Spanish Grand Prix**
5.30 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Monday

25 September

Evening Planner

Factual

The Vintage French Farmhouse
BBC1, 4.30pm
Antiques dealers visit French markets to seek out items for British customers.

Drama

Phoenix Rise
BBC3, 7pm & 7.30pm
The school drama returns and sees the gang of outsiders concocting more schemes in their boiler-room hideout.

Crime Drama

The Long Shadow
ITV1, 9pm
Daniel Mays, Katherine Kelly and Toby Jones star in this fact-based drama about killer Peter Sutcliffe's reign of terror.

Cookery

Big Zuu's Big Eats
Dave, 10pm
Chef and presenter Big Zuu returns with another run of his BAFTA-winning show. His first guest is presenter Jonathan Ross.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama: Downfall of the Crypto King		9.00 Who Do You Think You Are?		10.00 News; Local News	
102 BBC2	7.00 Chris and...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Laura Kuenssberg: State of Chaos		10.00 Sandylands	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Long Shadow		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Jimmy Doherty's New Zealand Escape		9.00 Top Guns: Inside the RAF		10.00 Pete Doherty, Who Killed My Son?	
105 CHANNEL 5	7.00 Motorway Cops: Catching Britain's...		8.00 The Motorway		9.00 The Inheritance		10.00 Casualty 24/7: Every Second Counts	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Film: The Lord of the Rings: The Fellowship of the Ring					
ENTERTAINMENT								
115 BBC3	7.00 Phoenix Rise		8.00 Gavin & Stacey		9.00 Bad Behaviour		10.00 Juice	
116 BBC4	7.00 Life		8.00 Becoming Matisse		9.00 Imagine: Georgia O'Keeffe: By Myself		10.15 A Very Social Democrat...	
118 ITV2	7.00 Ninja Warrior UK: Race for Glory		8.00 Superstore		9.00 The Murder of Ashley Wadsworth...		10.00 Family Guy	10.30 American Dad!
136 MORE4	◂ 6.55 The Dog House	7.55 Grand Designs			9.00 The UK's National Parks with Caroline...		10.00 999: What's Your Emergency?	
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 First Dates Ireland		9.00 Married at First Sight UK		10.00 The Dating...	10.30 Big Boys
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 Law & Order: Special Victims Unit		10.00 Departure	
108 SKY ATLANTIC	◂ 6.45 Ray Donovan	7.55 Game of Thrones			9.00 Chernobyl		10.10 The Lovers	
110 GOLD	◂ 6.25 Blackadder the Third	7.40 Dad's Army			9.00 The Royle Family	9.35 Ricky & Ralf's Very Northern Road Trip		10.35 Live at...
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI		10.00 Big Zuu's Big Eats	10.40 Mock...
119 ITV3	◂ 6.55 Heartbeat		8.00 Agatha Christie's Poirot		9.00 An Audience with Jimmy Tarbuck		10.10 Van Der Valk	
120 ITV4	◂ 6.45 Snooker: British Open – Live: Coverage of the evening session on day one							10.30 MotoGP...
112 COMEDY CENTRAL	7.00 Friends				9.00 Rhod Gilbert's Growing Pains		10.00 Most Ridiculous	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Never Surrender: A Galaxy Quest Documentary			
113 SKY MAX	7.00 Stargate SG-1		8.00 There's Something About Movies		9.00 Fantasy Island			
109 ALIBI	7.00 Elementary		8.00 Death in Paradise				10.00 Evil	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Musical Masterpieces		9.00 André Rieu in Dublin			
132 W	7.00 MasterChef Australia		8.00 DIY SOS: The Big Build				10.00 999 Rescue Squad	
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Wheeler Dealers		10.00 Shorty's Dream Shop	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Living Dinosaur of Liberia: Expedition...		9.00 Namibia's Dog-Headed Pig Monster...		10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets From Above		9.00 Drug Lords: The Takedown		10.00 Dutch Caribbean Coastguards	
123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Sex: A Bonkers History		10.00 Dark Marvels: Killing Machines	
155 YESTERDAY	7.00 Antiques Roadshow		8.00 Hornby: A Model World		9.00 Scouting for Toys		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Movies	7.55 Allen v. Farrow			9.00 Hijacked: Flight 73			
FILMS - Sky Cinema								
301 PREMIERE	7.00 Knock at the Cabin				9.00 God Is a Bullet			
303 HITS	◂ 6.15 Belfast		8.00 Don't Worry Darling				10.05 Bad Neighbours	
304 DIRECTORS	◂ 5.40 The Hunt for Red October		8.00 The Equalizer				10.15 The Equalizer 2	
305 ANIMATION	◂ 5.30 Sing 2	7.25 Extinct			8.55 Asterix: The Secret of the Magic Potion			10.25 DC Super Hero...
306 FAMILY	◂ 5.55 Nancy Drew...	7.30 Stuart Little			9.00 Robo-Dog: Airborne			10.35 Agent...
307 ACTION	◂ 6.00 Uncharted		8.00 The Bourne Legacy				10.15 Spider-Man: No Way...	
308 COMEDY	◂ 6.15 The Boss		8.00 Ace Ventura Pet Detective			9.30 Trainwreck		
309 THRILLER	◂ 5.50 No Country for Old Men		8.00 Layer Cake				10.00 The Warriors	
310 DRAMA	◂ 6.10 Mr Holmes		8.00 The Social Network				10.05 Spotlight	
311 DYSTOPIA	◂ 6.00 Back to the Future		8.00 Snowpiercer				10.10 Midnight Special	
302 FEEL GOOD	◂ 6.15 Miss Potter		8.00 50 First Dates			9.50 Finding Neverland		
313 FILM4	◂ 6.50 My Cousin Rachel				9.00 Armageddon			
SPORT								
401 MAIN EVENT	7.00 Sky Sports News	7.30 EFL – Live: Coventry City v Huddersfield Town (Kick-off 8.00)						10.30 Back Pages...
402 PREMIER LEAGUE	7.00 Premier League Review		8.00 Gary Neville's Soccerbox		9.00 Premier League Review		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL – Live: Coventry City v Huddersfield Town (Kick-off 8.00)						10.30 Scottish...
404 CRICKET	◂ 5.45 Secrets of Success		8.00 One-Day International Cricket				10.00 Cricket World Cup	
410 TNT SPORTS 1	7.00 No Filter Boxing	7.30 The WRC...	8.00 V8 Supercars Highlights		9.00 Fishing: On the Bank		10.00 Goals Reload	10.30 CPL
411 TNT SPORTS 2	7.00 MotoGP		8.00 MotoGP Chequered Flag		9.00 Fight Night Live			

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Fraud Squad** New edition (S)(AD)
10.45 **Claimed and Shamed** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** (S)(AD)
2.15 **Money for Nothing** New edition Restoring a dining table. (S)
3.00 **Escape to the Country** New edition From Somerset. (S)
3.45 **The Bidding Room** New edition (S)
4.30 NEW SERIES **The Vintage French Farmhouse** 1/20. Items are bought in France for the British marketplace. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Jermaine Jenas present the topical show. (S)
7.30 **EastEnders** Cindy pitches a new business to the Panesars, and Ravi finds that Nugget is missing. (S)(AD)

8 PM

8.00 NEW **Panorama: Downfall of the Crypto King** The rise and sensational fall of Sam Bankman-Fried, the maths genius who set out to transform the world of crypto, who is now awaiting trial for conspiracy and fraud charges. (S)

9 PM

9.00 **Who Do You Think You Are?** Comedian, presenter and actor Matt Lucas traces his ancestry, plotting the experiences of his grandmother, Margot, who came to the UK in 1939 as a Jewish refugee from Nazi Germany. (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM PREMIERE **Boiling Point** Drama starring Stephen Graham. A single-take snapshot of the stresses and skills of a talented head chef as he oversees a busy evening in the run-up to Christmas. (S)(AD) (2019, 15, 20min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 FILM **Before I Go to Sleep** Thriller starring Nicole Kidman, Colin Firth and Mark Strong. (S) (2014, 15, 90min) ★★★
12.30 AM **Alan Carr's Picture Slam** 2/8. With contestants from Brighton, London and North Yorkshire. (S)(R)
1.15 **Weather for the Week Ahead** (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: This Farming Life** (R)
9.00 **Nicky Campbell** (S)
10.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Eggheads** Quiz show. (S)(R)
2.15 **Wanted Down Under** (S)(R)
3.00 **Murder, Mystery and My Family: Case Closed?** (S)(R)(AD)
3.45 **Great Canadian Railway Journeys** The Rockies. (S)(R)(AD)
4.15 **Serengeti** (S)(R)(AD)
5.15 **Flog It!** From Exeter. (S)(R)
6.00 NEW SERIES **Richard Osman's House of Games** With Ken Bruce, Alice Roberts, Kiell Smith-Bynoe and Perri Shakes-Drayton. (S)
6.30 NEW SERIES **Strictly: It Takes Two** The *Strictly* fanzine returns. (S)

9.00 Laura Kuenssberg: State of...

7.00 **Chris and Meg's Wild Summer** From the Cairngorms. (S)(R)
7.30 **Mastermind** New edition Tonight's specialist subjects include *The Navy Lark* and F. Scott Fitzgerald. (S)
8.00 **Only Connect** New edition Academicals go up against Gardners. (S)
8.30 **University Challenge** New edition The University of Warwick take on Wolfson College, Cambridge. (S)
9.00 **Laura Kuenssberg: State of Chaos** Series finale 3/3. Laura examines Boris Johnson's relationship with the truth and his downfall, followed by Liz Truss's remarkable short-lived tenure as Prime Minister. (S)(AD)
10.00 NEW TO BBC2 **Sandylands** 1/3. Comedy drama starring Natalie Dew. Emily makes a reluctant trip home after her estranged father goes missing. *Previously on GOLD.* (S1) (S)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 FILM **A United Kingdom** Fact-based drama starring David Oyelowo and Rosamund Pike. Trouble brews when an African prince falls for a London office worker. With Tom Felton. (S) (2016, 12, 105min) ★★★
1.00 AM **Sign Zone: Countryfile** (S)(R)
1.55 **Sign Zone: Ambulance** (S)(R)
2.55 **Sign Zone: Mrs Brown's Boys** 3/4. Comedy. (S4) (S)(R)(AD)
3.25 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Spanish Adventure** New edition James samples local tapas at a market in Murcia, before being shown how to make caldero and visiting an apricot farm. (S)(AD)
3.00 **Tenable** New edition Warwick Davis hosts as a team of five siblings take part in the quiz. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Amy is shocked by Chloe's news, Mack has a question, and it remains to be seen whether Ryan can forgive Rachel. (S)(AD)
8.00 **Coronation Street** Ryan receives some unwanted exposure, Ronnie's lack of trust offends Ed, violence erupts at Shelly's funeral, and while grieving, Jenny's thoughts turn to Teddy. (S)(AD)
9.00 NEW SERIES **The Long Shadow** 1/7. Fact-based crime drama depicting the hunt for Peter Sutcliffe, starring Daniel Mays, Toby Jones and Katherine Kelly. *See feature, page 4.* (S1) (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family** Davina McCall and Nicky Campbell follow 62-year-old Kathleen Fraser Jackson's search for her mother. (S)(R)(AD)
11.40 **Secrets of the Krays** 3/3. The final edition of the documentary charts Ronnie and Reggie Kray's dramatic downfall. (S)(R)(AD)
12.30 AM **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling. (S)(R)
2.10 **Tipping Point** Game show. (S)(R)
3.05 **Tenable** Quiz show. (S)(SL)(R)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Spanish Adventure** (S)(R)(AD)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.05 AM **Countdown** (S)(R)
6.45 **Cheers** 9&10/26. (S5) (S)(R)
7.35 **Everybody Loves Raymond** (S)(R)
8.25 **Frasier** 18-20/24. (S10) (S)(R)
9.55 **Chateau DIY** (S)(R)(AD)
10.55 **George Clarke's Amazing Spaces** Building a beach hut. (S)(R)(AD)
11.55 **News** (S)
12.00 NOON **Steph's Packed Lunch** New edition Magazine. (S)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A woman looks for a property in Malaga. (S)(R) **4.00** New edition House-hunting in the town of Benalmádena on Spain's Costa del Sol. (S)
5.00 **A New Life in the Sun** (S)(R)
6.00 **Four in a Bed** New edition The first venue of the week is Greenhills Hotel in Tenby. (S)
6.30 **The Simpsons** (S)(R)(AD)

8.00 New Zealand Escape

7.00 **News** (S)
8.00 **Jimmy Doherty's New Zealand Escape** New edition 2/4. On the road to Christchurch, Jimmy stops for some crayfish at Nin's Bin, the world's first food truck. (S)(AD)
■ Entire series on C4 online
9.00 **Top Guns: Inside the RAF** Series finale 6/6. Junior pilot Moz must overcome his nerves to tackle the Russian threat on NATO's frontline, and *Poseidon* trainee Ross faces the biggest test of his career. (S)(AD)
10.00 NEW **Pete Doherty, Who Killed My Son?** Documentary exploring the unexplained death of Mark Blanco in 2006, who died in suspicious circumstances after attending a party. (S)(AD)
11.05 **999: On the Front Line** (S)(R)
12.10 AM **Sex Rated** (S)(R)(AD)
1.05 **The Duchess and Her Magical Kingdom** (S)(R)(AD)
1.55 **Chris Packham: Is It Time to Break the Law?** (S)(SL)(R)(AD)
2.45 **Grand Designs** (S)(R)(AD)
3.40 **Couples Come Dine with Me** (R)
4.35 **The Dog House** (S)(R)(AD)
5.25 **Beat the Chef** (S)(R)
5.50 **to 6.05** AM **Kirstie's Fill Your House for Free** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **A Dangerous Affair** Romantic thriller starring Aubree Bouché, Charlie Bewley and Karlee Eldridge. (S) (2022, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Musician Wayne is asked to help judge a weekly talent contest. (S)
5.00 **News** (S)
6.00 **Susan Calman's Grand Day Out** The presenter heads to the coast of Northern Ireland, beginning at Glenariff. (S)(R)
6.55 **News** (S)

8.00 The Motorway

7.00 **Motorway Cops: Catching Britain's Speeders** PC Rich Woodward tracks down two men who were involved in the assault of a police officer. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **The Motorway** 1/10. Emergency patrol teams face medical problems, pile-ups and bad driving on the nation's motorways. Two patrollers race to a serious car fire on the M60. (S)

9.00 **The Inheritance** Series finale 4/4. The body count starts to rise around the siblings, and Daniel makes a decision to resolve his financial troubles. (S1) (S)

10.00 **Casualty 24/7: Every Second Counts** Registrar doctor Chris Carson takes an emergency call when paramedics bring in an 85-year-old woman who has been found choking and is struggling to breathe. (S)(R)

11.05 **Ambulance: Code Red** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 LIVE **NFL: Monday Night Football** Cincinnati Bengals v Los Angeles Rams: From Paycor Stadium. Kick-off is at 1.15. (S)
4.30 **Entertainment News** (S)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.55 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Caught on Dashcam** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **Craig Charles: UFO Conspiracies** (S)(R)
11.00 **Islands** (S)(R)(AD)
12.00 NOON **The Flash** (S7) (S)(R)
1.00 PM **NCIS: Los Angeles** (S)(R)
3.00 **Hawaii Five-0** 6/25. (S9) (S)(R)
4.00 **S.W.A.T.** 3/23. (S2) (S)(R)(AD)
5.00 **The Simpsons** *The Dad-Feelings Limited:* Comic Book Guy's origin story is revealed. (S)(R) **5.30** *Wad Goals:* Bart becomes a successful caddy. (S)(R)
6.00 **The Fresh Prince of Bel Air** 24/24. Will and Carlton become strippers. (S2) (S)(R) **6.30** 1/24. Uncle Phil forces Will to move out. (S3) (S)(R)

8.00 The Fellowship of the Ring

7.00 **The Simpsons** *Yokel Hero:* Cletus becomes an unlikely country music sensation. (S)(R) **7.30** *Do Pizza Bots Dream of Electric Guitars?:* Homer tries to reunite a mechanical band from his youth. (S)(R)

8.00 FILM **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy adventure based on the novel by JRR Tolkien, starring Elijah Wood, Ian McKellen and Viggo Mortensen. In the realm of Middle Earth, a young hobbit sets off on a quest to destroy a magical ring before it can fall into the hands of the powers of chaos. (S)(AD) (2001, PG, 178min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 **Never Mind the Buzzcocks** With guests Paloma Faith, Benji Webbe and Judi Love. (R)
12.05 AM **The Force: Manchester** A gang start fighting in one of the city's busiest areas. (S)(R)
1.05 **Road Wars** (S)(R)
2.00 **Stop, Search, Seize** (S)(R)(AD)
3.00 **Hawaii Five-0** 6/25. (S9) (S)(R)
4.00 **S.W.A.T.** 3/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Jailed: Inside Maghaberry Prison New edition **11.10** Community Life Appeal New edition **11.15** FILM PREMIERE Boiling Point (2021, 15, 25min) ★★★★ **11.40** FILM Before I Go to Sleep (2014, 15, 85min) ★★★ **1.05am** Alan Carr's Picture Slam **1.50-6.00am** BBC News

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.45am Bargain Hunt New edition **11.30** Scrum V Rugby World Cup Podcast **12.00noon-1.00pm** Homes Under the Hammer **11.05pm-12.30am** FILM Before I Go to Sleep: As N. Ireland.

BBC1 North/North East/North West/ Yorkshire & Lincolnshire
Sky **954/952/953/955**, Freesat **954/952/953/955**
12.30-1.15am The Super League Show

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Bog Amach New edition

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Adre **12.30** Heno **1.00** Ceffylau Cymru **1.30** Cyfres Triathlon Cymru 2023 **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Eryri: Pobol y Parc **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.30** Rownd a Rownd **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Y Byd ar Bedwar New edition **8.25** Garddio a Mwy Series finale **8.55** Newyddion S4C a'r Tywydd **9.00** Cefn Gwlad New edition **9.35** Sgorio **10.05** Ironman Cymru 2023 **11.05-11.40pm** Y Tyrchwyr gyda Iolo Williams

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

7.00 PM NEW SERIES **Phoenix Rise** 1/10. Return of the teen drama. **7.30** New episode 2/10. Summer returns to Phoenix Rise. (S2)
7.55 **The Catch Up**
8.00 **Gavin & Stacey** (S2)
9.00 **Bad Behaviour** Series finale *Wilderness:* 4/4. Jo struggles to reconcile past and present. (S1)
9.55 **Ryan Tricks on the Streets**
10.00 **Juice** New episodes 3/6. Guy meets Jamma's parents. **10.25** 4/6. Jamma takes on too much work. (S1)
■ Entire series on BBC iPlayer
10.50 **The Bold Type** New episode 6/10. Kate has a sex dream. (S2)
11.30 **The TikTok Effect**
12.25 AM **Boot Dreams: Now or Never**
1.25 **Hire Me: Competing for a Dream Job**
1.55 **Juice** 3&4/6. (S1)
2.45 **Ellie & Natasia**
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 116 | 107/108 | 9/24 106 | 108

7.00 PM **Life** Extreme behaviour in the natural world.
8.00 **Becoming Matisse** The story of the revolutionary 20th-century artist.
9.00 **Imagine: Georgia O'Keeffe – By Myself** The life and work of the artist described as America's first great modernist painter.
10.05 **Roy Jenkins Remembered by Michael Cockerell** The broadcaster introduces his 1996 profile of the former home secretary.
10.15 **A Very Social Democrat: A Portrait of Roy Jenkins** Michael Cockerell's candid profile of the politician from 1996.
11.10 **Keith Haring: Street Art Boy** Profile of the 1980s New York pop artist.
12.40 AM **Life** As 7.00pm.
1.40 **Imagine: Marina Abramovic – The Ugly Duckling** Documentary.
2.40 **to 3.45** AM **Imagine: Georgia O'Keeffe – By Myself** As 9.00pm.

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Napkin rings.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Kirstie and Phil's Love It or List It** An East Grinstead couple are unsure whether to sell or renovate their home.
5.50 **The Secret Life of the Zoo** Highlights from the series featuring attempts to bring breeding partners together.
6.55 **The Dog House** Two puppies are offered to a couple and their two girls.
7.55 **Grand Designs** A couple plan to build a unique family house in the rural hills of Pembrokeshire.
9.00 **The UK's National Parks with Caroline Quentin** New edition 2/4. Caroline visits Buckfast Abbey in Dartmoor and explores Bannau Brycheiniog.
10.00 **999: What's Your Emergency?** PCs Dani Devey and Keeley Lees help a traumatised woman.
11.05 **24 Hours in A&E**
12.10 AM **The UK's National Parks with Caroline Quentin** As 9.00pm.
1.15 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Don't Tell the Bride**
8.00 **Melissa & Joey**
9.00 **Brooklyn Nine-Nine**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S1&9)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Teen First Dates**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Prince and Hunter come up with a plan.
7.30 **Young Sheldon** 14/22. Missy steals Meemaw's make-up for the school photographs. (S2)
8.00 **First Dates Ireland** New edition 10/14. A Gaelic footballer and a camogie player take part.
9.00 **Married at First Sight UK** New edition Four more single people agree to marry a stranger.
10.00 NEW **The Dating Pool** Singletons embark on a journey to find their romantic match.
10.30 **Big Boys** 3&4/6. (S1)
11.40 **Gogglebox**
12.40 AM **First Dates**
1.45 **Married at First Sight UK**
2.35 **Brooklyn Nine-Nine**
3.30 **The Goldbergs**
4.25 **Black-ish**
5.15 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

MISS MARPLE
Mondays 8pm
Freeview 20
DRAMA

MONDAY Entertainment

Monday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **The Real A&E**
7.00 **Border Patrol**
9.00 **Border Security: America's Front Line** Double bill.
10.00 **Motorway Patrol**
10.30 **Highway Patrol**
11.00 **FBI: Most Wanted** 18/22. The team look into the deaths of two army veterans. (S3)
12.00 NOON **Bull** 11&12/20. (S4)
2.00 PM **Blue Bloods** 3/21. Danny and Baez investigate after their friend is hospitalised. (S13)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.
8 PM
8.00 **Blue Bloods** *Life During Wartime:* 4/21. Danny and Baez look into a series of robberies targeting luxury timepieces. (S13)
9 PM
9.00 **Law & Order: Special Victims Unit** New episode *Bend the Law:* 19/22. Maxwell's husband gets caught up in a case. (S24)
10 PM
10.00 **Departure** *Prime Suspect:* 3/6. A new witness comes forward with disturbing information about Donovan. (S1)
11.00 **The Rookie** 7/20. (S1)
12.00 M'T **Madam Secretary** (S6)
1.00 AM **The Good Doctor** (S6)
2.00 **Law & Order: Organized Crime** New episode (S3)
3.00 **Chicago Fire** 19/22. (S10)
4.00 **Border Security: America's...**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Urban Secrets**
7.55 **Six Feet Under** 7&8/13. (S1)
10.05 **Ray Donovan** 3&4/12. (S3)
12.15 PM **Game of Thrones** (S5)
1.25 **Raised by Wolves** (S2)
3.30 **Six Feet Under** 9/13. Claire and Gabe become closer. **4.35** 10/13. Ruth has dinner with Nikolai. (S1)
5.40 **Ray Donovan** 5/12. Ray's new mission drives a wedge between Finney and Paige. **6.45** 6/12. Ray finds himself forced to ensure Verona's success on Election Day. (S3)

9.00 Chernobyl

7.55 **Game of Thrones** *The Sons of the Harpy:* 4/10. Jaime and Bronn head south, while Ellaria and the Sand Snakes vow vengeance. (S5)
9.00 **Chernobyl** *1:23:45:* 1/5. Dramatisation of the story of one of the worst catastrophes in history, starring Stellan Skarsgård. (S1)
10.10 **The Lovers** 2/6. Janet suggests she and Seamus should have an affair. (S1)
10.45 **Euphoria** *The Theatre and Its Double:* 7/8. Lexi finally debuts her long-awaited play. (S2)
11.55 **Tin Star** 2/9. Anna is taken into hospital. (S2)
1.00 AM **Billions** 6&7/12. (S5)
3.15 **Game of Thrones** As 7.55pm.
4.15 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Supergirl** 4/19. (S5)
7.00 **DC's Legends of Tomorrow**
8.00 **The Flash** 6/18. (S7)
9.00 **Stargate SG-1** 7&8/22. (S1)
11.00 **Supergirl** 5/19. (S5)
12.00 NOON **The Flash** (S7)
1.00 PM **NCIS: Los Angeles** (S13)
3.00 **Hawaii Five-0** 6/25. (S9)
4.00 **S.W.A.T.** 3/23. (S2)
5.00 **DC's Legends of Tomorrow** 5/15. Ava is left in charge when Sara is called away. (S5)
6.00 **Stargate SG-1** 9/22. O'Neill suffers an ageing transformation. (S1)

9.00 Fantasy Island

7.00 **Stargate SG-1** *Thor's Hammer:* 10/22. O'Neill and Teal'c become trapped underground. (S1)
8.00 **There's Something About Movies** 4/6. Comedy panel show hosted by Alan Carr.
9.00 **Fantasy Island** New episode *Paymer Vs. Paymer:* 3/13. Dolly and Dutch decide how to spend their next chapter.
10.00 **Fantasy Island** New episode *Mystery in Miami:* 4/13. Ruby's cabin fever is an itch that needs to be scratched. (S2)
11.00 **Never Mind the Buzzcocks**
11.45 **Brassic** 7&8/8. (S4)
1.45 AM **COBRA: Cyberwar** 3/6. A breach at the port of Dover means an insidious threat may be in play. (S2)
2.45 **Road Wars**
3.10 **Hawaii Five-0** 6/25. (S9)
4.05 **S.W.A.T.** 3/23. (S2)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 | 115 | 6 | 113

5.00 AM **Children's Programmes**
9.00 **One Tree Hill** 9/13. (S9)
10.00 **Dawson's Creek** 11/23. (S5)
11.00 **Love Bites**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 14/22. (S2)
3.05 **One Tree Hill** 10/13. (S9)
4.00 **Dawson's Creek** 12/23. An old flame offers Pacey the chance of a lifetime. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Sarah Millican, Joel Dommett and Vernon Kay.

7.00 Ninja Warrior UK

7.00 **Ninja Warrior UK: Race for Glory** Ben Shephard, Rochelle Humes and Chris Kamara host the obstacle-course challenge.
8.00 **Superstore** 13/21. Amy is accused of favouritism. **8.30** 14/21. Garrett struggles with writing his best man speech. (S5)
9.00 **The Murder of Ashley Wadsworth: Social Media Murders** New edition The tragic story of Ashley Wadsworth.
10.00 **Family Guy** New episode 8/20. Stewie finds himself in public disgrace with a pop star. (S21)
10.30 **American Dad!** New episode 13/22. (S18)
11.00 **Family Guy** (S16)
12.00 M'T **American Dad!** (S12)
12.30 AM **Superstore** (S5)
1.30 **Iain Stirling's CelebAbility**
2.05 **Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.10 **On the Buses**
9.15 **Where the Heart Is**
11.35 **Heartbeat** Double bill.
1.45 PM **Classic Emmerdale**
3.20 **Classic Coronation Street**
3.55 **Endeavour** *Colours:* A protest at a hair salon exposes rapidly escalating unrest in the heart of Oxford.
5.55 **Heartbeat** *Laying the Ghost:* Intrigue spreads among the residents of Aidensfield as a newcomer causes havoc.

10.10 Van Der Valk

6.55 **Heartbeat** *Stop Gap:* A gang of bikers wreak havoc in Aidensfield, prompting the locals to demand a new bobby.
8.00 **Agatha Christie's Poirot** *The Theft of the Royal Ruby:* The sleuth's hopes of a quiet Christmas are quickly dashed.
9.00 **An Audience with Jimmy Tarbuck** The Liverpudlian comic performs before a host of showbiz celebrities, including Cilla Black and Bruce Forsyth.
10.10 **Van Der Valk** *Freedom in Amsterdam:* 1/3. The murder of a free-running star reveals a dark heart of corruption. (S3)
12.10 AM **Where the Heart Is** *Too Much Too Young:* David tires of pandering to Karen. **1.15** *Temptation:* David gets an offer that is hard to refuse.
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: Eat the Town**
3.00 **Sign Zone: Island Crossings**
4.00 **This Is BBC Scotland**
7.00 LIVE **Sportscene: Scottish Cup Football** University of Stirling v Albion Rovers: The first-round match at Forthbank Stadium. Kick-off is at 7.05.
9.00 **The Nine**
10.00 **Ballers: Ball or Nothing** New editions 3/8. The team face a tough battle to stay in the BBL Cup. **10.30** 4/8. A psychologist explains that the players need each other to succeed.
11.00 **Gary: Tank Commander** 4/6. (S1)
11.30 PM **to 12.00** M'T **Limmy's Show**

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Sort Of** 2&3/8. (S1)
9.00 **Entourage** (S6&7)
10.10 **The Conners** (S5)
11.00 **Mr Mayor** 7/10. (S1)
11.30 **Looking** 1&2/10. (S2)
12.50 PM **House of Lies** (S2)
1.30 **Fresh Prince of Bel Air**
2.25 **Entourage** (S7)
3.30 **The Conners** (S5)
4.30 **Sort Of** 4&5/8. (S1)
5.30 **Mr Mayor** 8/10. (S1)
6.00 **Fresh Prince of Bel Air**
7.00 **Will & Grace** (S6)
8.00 **The Office (US)** (S5)
9.00 **Miracle Workers: End Times** New episode 9/10. Freya reunites with her old gang of war dogs. **9.30** Series finale 10/10. The final battle for Boomtown commences. (S4)
10.00 **Divorce** 3&4/6. (S3)
11.15 **Enlightened** (S1)
12.30 AM **Breeders** (S3)
1.30 **The Brink** 7&8/10. (S1)
2.30 **Will & Grace** 2/24. (S2)
3.00 **House of Lies** (S2)
3.40 **to 5.00** AM **Looking**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Venice: A Concert for Our Climate**
7.00 **Andrea Bocelli**
8.00 **Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Lucian Freud: A Self Portrait**
3.00 **Wordsworth & Coleridge Road Trip**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 NEW SERIES **Musical Masterpieces**
9.00 **André Rieu in Dublin**
11.35 **Pavarotti: A Voice for the Ages**
12.55 AM **Cleo Laine: The Unseen Home Movies**
1.55 **Off Camera**
3.10 **National Trust: National Treasures**
4.30 **Auction**
5.00 **to 6.00** AM **Inside Art**

Pick

151 | 135 | 36 | 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: Canada's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S4)
5.00 **Stargate SG-1** (S2)
6.00 **Merlin** 12/13. (S4)
7.00 **Star Trek: Voyager** (S7)
8.00 **Magnum P.I.** 2/20. (S4)
9.00 **Murder in Amish Country** Documentary.
10.00 **The Killer Within**
11.00 **Snapped**
12.00 M'T **How I Caught the Killer** Camden Ripper.
1.00 AM **Britcam: Emergency on Our Streets**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **Billie and Greg: The Family Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Billie and Greg: The Family Diaries**
2.20 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA** Property series.
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Potomac** New edition
6.00 **Making It Home with Kortney & Kenny**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched**
10.00 NEW SERIES **My Mum, Your Dad Australia** The Australian version of the dating show.
11.40 **The Only Way Is Essex**
12.30 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 | 170 | 50 | 142

8.00 AM **Diagnosis Murder**
9.00 **Sue Thomas: F.B.Eye**
11.00 **Castle** 15&16/22. (S2)
1.00 PM **Sue Thomas: F.B.Eye** (S2&3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 6-11/16. (S11)
9.00 **Randall and Hopkirk (Deceased)** *When the Spirit Moves You:* 16/26. A big-time crook gives Jeff just 24 hours to come up with £125,000 in bonds. (S1)
10.00 **The Persuaders!** *The Long Goodbye:* 13/24. Three women try to benefit from a scientist's death. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S11)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Castle** 6/10. (S1)
4.50 **to 5.00** AM **Great! Movie News Extra**

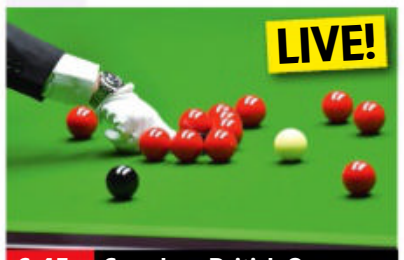
+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Best of the 80s**
6.15 **Minder**
7.15 **The Professionals**
8.25 **The Saint**
9.30 **The Return of Sherlock Holmes** Crime drama.
10.40 **Magnum, PI**
11.40 **The Motorbike Show**
12.45 PM **LIVE Snooker: British Open** Coverage of the afternoon session on the first day from the Centaur at Cheltenham Racecourse.
5.30 **World of Sport**
5.45 **The Motorbike Show**



6.45 Snooker: British Open

6.45 **LIVE Snooker: British Open** Rishi Persad presents coverage of the evening session on day one from the Centaur at Cheltenham Racecourse, featuring first-round matches. Analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by David Hendon and Phil Yates
10.30 **MotoGP Highlights** Action from the Grand Prix of India, the 13th round of the season.
11.30 **Motorsport UK** Action from Knockhill, with racing from the Legends Cars Championship and the Porsche Carrera Cup.
12.30 AM **Heathrow: Britain's Busiest Airport** Double bill.
1.30 **Minder**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 6/13. (S5)
7.00 **Warehouse 13** 8/13. (S2)
8.00 **Teleshopping**
11.00 **Fringe** 9/22. (S2)
12.00 NOON **Star Trek: The Next Generation** 24&25/26. (S5)
2.00 PM **Merlin** 6/13. (S5)
3.00 **Fringe** 9/22. (S2)
4.00 **Stargate SG-1** 13/22. (S2)
5.00 **Stargate Atlantis** 16/20. The team accidentally disturb a previously frozen race. (S3)
6.00 **Star Trek: The Next Generation** 24/26. Geordi and Ro are pronounced dead. (S5)

9.00 Never Surrender

7.00 **Star Trek: The Next Generation** *The Inner Light:* 25/26. Picard finds himself living another man's life. (S5)
8.00 **Star Trek: Voyager** *Body and Soul:* 7/26. The Doctor is forced to take refuge inside Seven of Nine's body. (S7)
9.00 **Never Surrender: A Galaxy Quest Documentary** Cast and crew gather to celebrate, recall pivotal moments and discuss the social effects of *Galaxy Quest*.
10.45 **True Blood** *She's Not There:* 1/12. The vampires of Bon Temps try to regain the trust of their human neighbours. (S4)
11.55 **True Blood** 2/12. Sookie attempts to adjust to her new living arrangements. (S4)
1.00 AM **Warehouse 13** 8/13. (S2)
2.00 **Star Trek: Voyager** As 8pm.
3.00 **Stargate Atlantis** 16/20. (S3)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

+1 hour 241 320 130

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **Miss Fisher's Murder Mysteries** 13/13. (S2)
10.00 **Hudson & Rex** 10/16. (S3)
11.00 **Without a Trace** 23/24. (S2)
12.00 NOON **Frankie Drake Mysteries** 8/10. (S2)
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S15)
4.00 **Miss Fisher's Murder Mysteries** 13/13. (S2)
5.00 **Hudson & Rex** 10/16. (S3)
6.00 **Without a Trace** 23/24. A teenager believes she was kidnapped as a child. (S2)

10.00 Evil

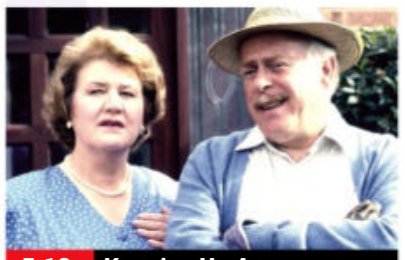
7.00 **Elementary** *Dirty Laundry:* 11/24. A body is found in the laundry of a high-end hotel in Manhattan. (S1)
8.00 **Death in Paradise** *The Blood Red Sea:* 7/8. A treasure hunter is found dead after making a valuable discovery.
9.00 **Death in Paradise** *Flames of Love:* 8/8. A student backpacker is found dead with a gun in her hand. (S5)
10.00 **Evil** Series finale *The Demon of the End:* 10/10. Kristen tracks her missing egg to a strange address. (S3)
11.10 **Person of Interest** 15/22. Reese goes undercover at an internet company to protect software programmer. (S4)
12.10 AM **Elementary** As 7.00pm.
1.10 **Hudson & Rex** 10/16. (S3)
2.20 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.00 AM **Highlights**
8.50 **2point4 Children**
9.30 **Hi-de-Hi!**
10.10 **Porridge**
10.45 **Last of the Summer Wine**
12.05 PM **Keeping Up Appearances**
12.45 **Dad's Army**
1.25 **Only Fools and Horses**
2.35 **Porridge**
3.10 **Hi-de-Hi!**
3.50 **Last of the Summer Wine**
5.10 **Keeping Up Appearances**
5.50 **Porridge**
6.25 **Blackadder the Third**


5.10 Keeping Up Appearances

7.05 **Blackadder the Third** Prince George hires two actors to improve his speech-making.
7.40 **Dad's Army** The first American troops arrive in Walmington-on-Sea. **8.20** The king's train passes through Walmington-on-Sea.
9.00 **The Royle Family** Jim and Barbara are left holding the baby.
9.35 **Ricky & Ralf's Very Northern Road Trip** In Bury, Ralf tries to conquer a childhood food fear.
10.35 **Live at the Apollo** With Danny Bhoy, Miles Jupp and Lee Nelson.
11.35 **The Royle Family**
12.10 AM **Ricky & Ralf's Very Northern Road Trip**
1.10 **Live at the Apollo**
2.10 **The Interviews** Profile of Julie Walters, using interviews given over the past three decades.
3.00 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Cops on the Rock**
9.00 **Fast Justice**
10.00 **Railroad Australia**
11.00 **Rick Stein's Long Weekends**
12.00 NOON **Ultimate Movers**
1.00 PM **Storage Hunters UK**
2.00 **Top Gear** Double bill.
4.00 **Red Bull Soapbox Race**
5.00 **Rick Stein's Mediterranean Escapes** A visit to Corsica.
6.00 **Rick Stein's Long Weekends** The chef heads to Palermo.

6.00 Rick Stein's Long Weekends

7.00 **Richard Osman's House of Games** With Kaye Adams. **7.40** With Charlie Higson, Chizzy Akudolu, Kate Williams and Tom Allen.
8.20 **Would I Lie to You?** With Dara O Briain, Denise Van Outen, Rhod Gilbert and Vernon Kay.
9.00 **QI** Host Sandi Toksvig shares her top tips and tools with panellists Joe Lycett, Holly Walsh, Bill Bailey and Alan Davies.
10.00 **NEW SERIES Big Zuu's Big Eats** 1/8. Jonathan Ross joins Big Zuu.
10.40 **Mock the Week: The History Of...** Last-ever edition of the show.
11.20 **QI** With Ed Gamble.
12.00 M'T **QI XL** With Trevor Noah.
1.00 AM **Mock the Week**
1.40 **Would I Lie to You?**
2.15 **The Island**
3.15 **to 4.00** AM **Sneakerhead**

+1 hour 211 327 57

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
1.30 PM **George Clarke's Amazing Spaces**
2.30 **Chateau DIY**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun** A woman searches for a holiday home in Malaga. **7.00** House-hunting in Benalmádena on Spain's Costa del Sol.
8.00 **Geordie Hospital** The hospital hits record temperatures on the hottest day of the year.
9.00 **Gogglebox** Double bill.
11.05 **Top Guns: Inside the RAF** Documentary.
12.10 AM **FILM Event Horizon** Sci-fi horror thriller starring Laurence Fishburne and Sam Neill. (1997, 18, 96min) ★★★
2.00 **Pete Doherty, Who Killed My Son?**
3.05 **A Lake District Farm Shop** Documentary.
4.05 **to 5.00** AM **Devon and Cornwall: Greener Lives**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Truth or Consequences:* 1/24. Tony travels to North Africa on the trail of missing agent Ziva. **7.00** *Reunion:* 2/24. Gibbs and his team investigate the bizarre death of a Marine and two of his friends. **8.00** *The Inside Man:* 3/24. A blogger who accused the NCIS of a cover-up is found dead, so the team must reopen an old case. (S7)
9.00 **The Blacklist** *The Director (No. 24): Conclusion:* 10/23. Red prepares an elaborate plan to turn the tables and exonerate Liz. (S3)
10.00 **Law & Order: Special Victims Unit** (S4)
12.00 M'T **Blue Bloods** (S1)
3.40 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Dirty Home Rescue**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Killer at the Crime Scene** New edition
10.00 **Sleeping with My Murderer** New edition
11.00 **My Lover, My Killer** New edition
12.00 M'T **999: Emergency Call Out** Documentary.
1.05 AM **Skin A&E**
2.05 **GPs: Behind Closed Doors** Medical series.
2.55 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Trucking Hell**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
12.00 NOON **FILM The Naked Spur** Western. (1953, PG, 91min) ★★★
1.55 PM **FILM Angel and the Badman** Western with John Wayne. (1947, U, 100min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Duggie and Mark chase a serial offender on foot. **7.00** Angus and Sean try to save a man's life. **8.00** An alcohol-fuelled night in Cumbria.
9.00 **FILM Mercury Rising** Crime thriller. (1998, 15, 110min) ★★★
11.15 **FILM Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
1.05 AM **Outback Truckers**
2.15 **Criminals: Caught on Camera** Crime series.
2.50 **to 3.00** AM **Entertainment News**

W

132/133 827 125 25 156

6.10 AM **Young Vets**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition The contestants are presented with the Everything Mystery Box.
8.00 **DIY SOS: The Big Build** The team transform a family home in Plymouth. **9.00** Nick Knowles and the team head to Bangor in Co Down.
10.00 **999 Rescue Squad**
11.00 **Louis Theroux: Law & Disorder in Philadelphia**
12.20 AM **One Born Every Minute** Documentary.
1.20 **The Hairy Bikers' Northern Exposure**
2.10 **to 3.00** AM **Nigel Slater's Dish of the Day**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **Pie in the Sky**
3.05 **Bergerac**
4.15 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **'Allo 'Allo!**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Marple** *The Mirror Crack'd from Side to Side:* At a summer garden party thrown by a film star, a fan drinks a poisoned cocktail.
10.35 **New Tricks** *Old School Ties:* The remains of a body are found near a public boarding school.
12.00 M'T **Silent Witness**
2.15 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

MONDAY Entertainment

Monday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction...**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A nest of tables.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
4.00 **Animal Cops Houston**
5.00 **Ambulance**
6.00 **The Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **The Great Antiques Challenge** New edition The dealers compete to find a baker's table.
10.00 **The Repair Shop**
11.00 **Ghost Adventures**
12.00 M'T **The Osbournes Want to Believe**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Houston**
5.00 **to 6.00** AM **Money for Nothing**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Catchphrase**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** A star-studded version of the quiz show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

8.00 AM **Wild West Chronicles** Triple bill.
9.30 FILM **Mackenna's Gold** Adventure. (1968, 15, 136min) ★★★
12.00 NOON **Wild West...**
1.00 PM FILM **Apache Ambush** Western. (1955, U, 68min) ★★
2.20 FILM **Buck and the Preacher** Comedy Western. (1971, PG) ★★
4.25 **Battle of Kursk**
5.20 FILM **Christmas Truce** Drama. (2015, PG) ★★
7.10 FILM **Oceans Rising** Thriller. (2016, 12) ★
9.00 FILM **Stratton** Thriller. (2017, 15, 94min) ★★
10.50 FILM **The Contractor** Thriller. (2007, 15) ★★
12.45 AM FILM **The Marksman** Thriller. (2005, 15) ★★
2.50 FILM **The Traitors** Espionage drama. (1962, b/w, PG, 70min) ★★★
4.00 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **Willed to Kill** Crime thriller. (2012, 12, 84min) ★★★
11.00 FILM **Lethal Beauty** Thriller. (2018, 12) ★★
1.00 PM FILM **Woman on the Edge** (2018, PG) ★★
3.00 FILM **A Very Foul Play: An Aurora Teagarden Mystery** Crime drama. (2019, PG, 85min) ★★
4.40 FILM **The Rundown** Action comedy. (2003, 12, 99min) ★★
6.45 FILM **You Don't Mess with the Zohan** Comedy. (2008, 12) ★★★
9.00 FILM **Criminal** Thriller. (2015, 15, 113min) ★★★
11.15 FILM **Cold in July** Crime thriller. (2014, 15, 108min) ★★★★
1.30 AM FILM **A Call to Spy** World War Two drama. (2019, 12, 123min) ★★★
4.00 **to 6.00** AM FILM **Dance Night Obsession** Thriller. (2016, PG) ★★
+1 hour 322 61

GREAT! christmas
319 424 52 303

8.00 AM FILM **Christmas Cupcakes** (2018) ★★
10.00 FILM **A Taste of Christmas** (2017) ★★
12.00 NOON FILM **A Christmas Reunion** Drama. (2015, PG) ★★
2.00 PM FILM **Christmas Pageant** Comedy. (2011, U, 87min) ★★★
4.00 FILM **Finding Father Christmas** Drama. (2016, U, 83min) ★★
6.00 FILM **A Family for the Holidays** Mystery. (2018, U, 85min) ★★
8.00 FILM **Annie Claus is Coming to Town** Fantasy. (2011, U) ★★★
10.00 FILM **Santa's Summer House** (2012, PG) ★★
12.00 M'T FILM **A Golden Christmas** Comedy. (2009, U, 95min) ★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Christmas on Holly Lane** Drama. (2018, PG) ★★
+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 13/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **Star Trek: Deep Space Nine** 21/26. (S3)
11.00 FILM **The Lost Future** Sci-fi. (2010, 15) ★★
1.00 PM FILM **Tombstone.. The Town Too Tough To Die** Western. (1942, b/w, U, 79min) ★★
2.35 FILM **Reap the Wild Wind** Drama. (1942, PG, 124min) ★★★
5.00 **Star Trek** 25/26. (S2)
6.00 **Star Trek: Deep Space Nine** 22/26. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Year of the Gun** Thriller. (1991, 15) ★★
11.15 FILM **Evil Dead 2** Horror comedy sequel. (1987, 18, 85min) ★★★
1.00 AM FILM **Death Line** Horror. (1972, 18) ★★★
2.45 **to 4.30** AM FILM **Paranormal Activity** Horror. (2007, 15) ★★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **Alaskan Bush People**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Wheeler Dealers**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Aussie Gold Hunters**
9.00 **Body Bizarre** Winny suffers a rare disorder.
10.00 **Monsters Inside Me**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Highlights**
9.00 **The Kitchen** New edition
10.00 **Quick & Easy Food**
11.00 **French Country Cooking**
12.00 NOON **Great British...**
2.00 PM **James' Champagne**
2.30 **James Martin's Brittany**
3.00 **The Hairy Bikers**
4.00 **Barefoot Contessa**
5.00 **The Pioneer Woman**
6.00 **James' Champagne**
6.30 **James Martin's Brittany**
7.00 **Great British Bake Off**
8.00 **French Country Cooking**
9.00 **Paul Hollywood's Bread**
10.00 **La Pitchoune: Cooking in France** New edition
11.00 **Diners, Drive-Ins and Dives: Triple D Nation** New editions Double bill.
12.00 M'T **Guy's Grocery Games** Cooking series.
1.00 AM **Restaurant: Impossible**
2.00 **Cheap Eats**
2.30 **to 3.00** AM **NEW SERIES Cheap Eats**
+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S5)
11.00 **Home Improvement**
1.00 PM **Bob's Burgers**
1.30 **Friends** 1-11/24. (S2)
7.00 **Friends** 12/24. Phoebe falls in love. **7.30** 13/24. Rachel lands a date with Jean-Claude Van Damme. **8.00** 14/24. Rachel insists that she has no time for Ross. **8.30** 15/24. Monica falls for an old friend. (S2)
9.00 **Rhod Gilbert's Growing Pains** With guests Olga Koch, Michael Odewale and Dermot O'Leary.
10.00 **Most Ridiculous**
11.00 **Kevin Bridges: A Whole Different Story**
12.00 M'T **The Comedy Bus**
1.00 AM **South Park** (S23)
2.30 **Beavis and Butt-Head**
3.00 **Key & Peele**
3.25 **Criminally Funny**
4.10 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Guessable?** (S4)
10.00 **Friends** (S10&2)
1.00 PM **Impractical Jokers: Inside Jokes**
3.00 **The Middle** (S3&4)
6.00 **Last Man Standing**
7.00 **Home Improvement**
9.00 **Friends** 13/24. The gang pay their last respects at the funeral of Ross and Monica's grandmother. **9.30** 14/24. Chandler encounters an old flame during a double date with Joey. (S1)
10.00 **Friends** (S1)
1.00 AM **The Middle** (S3&4)
2.00 **Kiri Pritchard-McLean: Comedy Central Live**
2.30 **Luisa Omielan: Comedy Central Live**
3.00 **David Spade: My Fake Problems** Stand-up.
3.45 **Fugget About It** (S3)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
7.45 **Weird or What? with William Shatner**
8.40 **Ancient Aliens**
10.40 **Curse of Oak Island**
11.40 **River Hunters**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Weird or What? with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **The Lost Pirate Kingdom** Documentary.
10.10 **Curse of the Lost Amazon Gold**
11.10 **WW2 Treasure Hunters**
12.10 AM **Curse of Oak Island**
1.10 **Weird or What? with William Shatner**
2.00 **Auction Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Counting Cars**
5.00 **to 6.00** AM **Pawn Stars**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Cash in the Attic**
10.00 **GPs: Behind Closed Doors** Documentary.
11.00 **The Yorkshire Vet**
1.00 PM **World's Most Scenic Railway Journeys**
2.00 **The Yorkshire Vet**
4.00 **The Highland Vet**
5.00 **Ben Fogle: New Lives in the Wild** From Utah.
6.00 **World's Most Scenic Railway Journeys**
7.00 **Isle of Wight: Jewel of the South** The summer menu is created.
8.00 **Alexander Armstrong in South Korea** Alexander heads to the bustling port of Busan.
9.00 **Susan Calman's Grand Day Out** The comedian heads into Lancashire and Morecambe Bay.
10.00 **D-Day Revealed: Drain the Oceans**
11.00 **Nazi Megastructures**
12.00 M'T **Forged in Fire**
1.00 **to 3.00** AM **World War II in Colour**

HGTV
158 191 44 166

7.00 AM **Renovation Island**
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Renovation Island**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **Your Home Made Perfect** From Gosport.
9.00 **Inn the Works** New editions Double bill.
10.00 **Celebrity IOU** New edition With film star Kate Hudson.
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **Renovation Island**
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **A Stranger in My Home** Double bill.
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** Toxicologists try to determine whether a man was poisoned. **3.30** A trail of stolen goods helps solve a case. **4.00** A murderer is brought to justice 24 years after the crime. **4.30** Experts help with a murder case.
5.00 **A Stranger in My Home** Charred human remains are found at the side of a farmhouse. **6.00** A fight over money that led to murder and a missing person.
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **A Stranger in My Home** Double bill.
3.00 **Fatal Vows**
4.50 **Medical Detectives**
5.40 **to 6.00** AM **Judge Judy**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered:...**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **Outdaughtered: Busby Quints** New edition
8.00 **Welcome to Plathville** New edition
9.00 **Say Yes to the Dress with Tan France**
10.00 **Dr Pimple Popper**
11.00 **Sister Wives**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
3.00 **Sister Wives**
4.00 **Welcome to Plathville**
5.00 **to 6.00** AM **Flip or Flop**
+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM FILM **Snowmageddon** Seasonal disaster movie. (2011, 12, 89min) ★
10.00 **Farscape** 5/22. (S3)
11.00 FILM **Wyvern** Horror. (2009, 15, 84min) ★★
1.00 PM FILM **Descent** Sci-fi disaster movie. (2005, PG, 90min) ★★
3.00 **Farscape** 5/22. (S3)
4.00 **The Prisoner** 3/17. (S1)
5.00 FILM **3 Headed Shark Attack** Action thriller. (2015, 18, 89min) ★★
7.00 **Farscape** *Eat Me:* 6/22. The crew encounter mutant scavengers. (S3)
8.00 **The Prisoner** *Free for All:* 4/17. Number Six stands for election. (S1)
9.00 FILM **Prey** Horror with Logan Miller. (2018, 15, 85min) ★★★
10.45 FILM **Rabid** Horror chiller remake. (2019, 18, 107min) ★★★
1.00 **to 3.00** AM FILM **Prey**
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Air Ambulance ER**
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 NOON **Highway Patrol**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted**
4.00 **Manifest** (S3)
6.00 **DC's Legends of Tomorrow** (S2)
8.00 **Highway Patrol**
9.00 **Blacklist** *The Nowhere Bride:* 14/22. The Task Force investigate the whereabouts of a missing newlywed. (S10)
10.00 **The Russell Howard Hour** Topical comedy.
11.00 **FBI: Most Wanted** (S4)
12.00 M'T **Fantasy Island** (S2)
2.00 AM **A League of Their Own** With Troy Deeney.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Wags: LA**
8.00 **Keeping Up with the Kardashians**
10.00 **Famously Single**
11.00 **Big Rich Texas**
12.00 NOON **Botched**
1.00 PM **Revenge Body with Khloe Kardashian**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** A celebrity impersonator wants to fix her saggy skin. **8.00** A woman hopes to remove a scar reminding her of her unborn twin.
9.00 **Keeping Up with the Kardashians** Khloe must figure out how to co-exist with her ex. **10.00** Kourtney and Scott approach the family for parenting advice.
11.00 **Big Rich Texas**
12.00 M'T **Dr 90210**
1.00 AM **Wags: LA**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **Salvage Hunters**
1.00 PM **Deadliest Catch**
3.00 **Alaskan Bush People**
4.00 **Hunt for King Arthur's Castle**
5.00 **Wheeler Dealers**
6.00 **Salvage Hunters** Drew Pritchard visits Cornwall where he battles a dealer who likes to keep his stock.

10.00 Shorty's Dream Shop

7.00 **Wheeler Dealers** Part one of two. Mike Brewer picks up a classic 1965 Plymouth Barracuda for a bargain price.
8.00 **Outback Truckers** Tempers fray for cattle truckers David and Kylie when their engine blows, leaving them stranded.
9.00 **Wheeler Dealers** Mike and Elvis try to get their hands on a Triumph Dolomite Sprint on its 50th anniversary.
10.00 NEW SERIES **Shorty's Dream Shop** A 1966 Chevy Impala convertible gets a full makeover from Shorty and the crew.
11.00 **Expedition X** Jess and Phil dive deeper into the tragic history of Fort Morgan.
12.00 M'T **How the Universe Works** NASA's Juno probe.
1.00 AM **Wheeler Dealers**
2.00 **Kindig Customs**
3.00 **to 5.00** AM **Alaska: Homestead Rescue**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Tanked** The duo make a boxing glove-shaped tank.
3.00 **When Turkeys Attack**
4.00 **My Cat from Hell** Jackson deals with a feline attack.
5.00 **Lone Star Law** Warden Boone is on a mission to arrest a trio of armed robbers.
6.00 **Tanked** A piano-shaped tank.

8.00 Living Dinosaur of Liberia

7.00 **Pit Bulls & Parolees** Tia tries to find the perfect dog for a couple living on a farm, and the team rescue a violent stray.
8.00 **Living Dinosaur of Liberia: Expedition Mungo** Paul 'Mungo' Mungeam profiles a huge crocodilian creature.
9.00 **Namibia's Dog-Headed Pig Monster: Expedition Mungo** Paul visits Namibia to capture on film the 'dog-headed pig monster'.
10.00 **Edge of Alaska** Neil starts the first Motherlode tour, but complications could bring his work to an end.
11.00 **Celebrity Animal Encounters**
12.00 M'T **The Crocodile Hunter: Best of Steve Irwin** Steve gets up and close with the animals of Madagascar.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Extreme China**
10.00 **Ocean Wreck Investigation**
11.00 **Lost Treasures of Egypt**
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Nazi Megastructures**
4.00 **Ice Road Rescue**
5.00 **Car S.O.S** Tim and Fuzz take on a Toyota Supra Mk4.
6.00 **Seconds from Disaster** A delayed flight from Washington that crashed into a bridge on the River Potomac.

8.00 World War II...

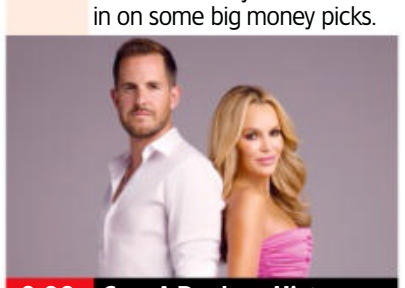
7.00 **Air Crash Investigation** An investigation into the crash of a plane that nosedived into a remote desert in Patagonia.
8.00 **World War II: Secrets From Above** New edition A look at the story of the longest military campaign during World War Two.
9.00 **Drug Lords: The Takedown** New edition A team of maverick DEA agents pull off the biggest indictment in US history.
10.00 **Dutch Caribbean Coastguards** A naval vessel attempts to intercept a drug boat.
11.00 **Air Crash Investigation**
12.00 M'T **Banged Up Abroad**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Bid & Destroy**
2.55 **Made in a Day**
3.20 **Food Factory**
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Forged in Fire**
8.00 **Storage Wars Canada**
9.00 **Pawn Stars**
10.00 **Craig Charles: UFO Conspiracies**
11.00 **Greatest Heists with Pierce Brosnan** Double bill.
1.00 PM **Storage Wars Canada**
2.00 **Ultimate Mysteries**
4.00 **Britain's Most Historic Towns**
5.00 **Pawn Stars**
6.00 **American Pickers** Mike and Jersey Jon zero in on some big money picks.



9.00 Sex: A Bonkers History

7.00 **Forged in Fire** After a round of tests, two smiths return to their home forges to make a Fantasy Broadsword.
8.00 **American Pickers** New edition The Wolfe brothers comb through Larry Land, a 27,000-square-foot hangar.
9.00 **Sex: A Bonkers History** New edition 2/5. How the Tudor sexual appetites changed British history. ■ Entire series on Box Sets
10.00 **Dark Marvels: Killing Machines** New edition The twisted origin stories of some of history's most brutal torture devices.
11.00 **Evidence of the Unexplained** UFO sightings.
12.00 M'T **Pawn Stars**
1.00 AM **Storage Wars Canada**
2.00 **History's Greatest Mysteries**
3.00 **American Pickers**
4.00 **Forged in Fire**
5.00 **to 6.00** AM **Britain's Most Historic Towns**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Sounds of the Sixties**
7.10 **Impossible Engineering**
8.00 **Abandoned Engineering**
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Great Continental Railway Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **World War Weird**
5.00 **Secret Nazi Bases** Series finale A look at why the Nazis fought to protect Luban.
6.00 **Great British Railway Journeys** Double bill.

8.00 Hornby: A Model World

7.00 **Antiques Roadshow** Fiona Bruce presents a second visit to the Black Country Living Museum.
8.00 **Hornby: A Model World** Young designer Paramjit Sembhi attempts to build a new version of the iconic Spitfire.
9.00 **Scouting for Toys** Featuring a man who has collected every Matchbox model car released between 1961 to 1982.
10.00 **Bangers & Cash** Derek collects a Jaguar Mark 2 and explains why they made poor getaway cars for 1960s bank robbers.
11.00 **Abandoned Engineering** Exploring Hartwood, a haunting facility in Scotland.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Great British Landmark Fixers** Canterbury Cathedral.
2.00 **to 3.00** AM **Sounds of the Sixties**

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Fantomworks**
12.00 NOON **Love Your Garden**
1.00 PM **Money for Nothing**
2.00 **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A 1980s desk chair.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters** New edition In flooded Victoria, the Poseidon Crew are forced back onto an old lease.
10.00 **Jade Fever**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Ambulance**
2.00 **Fantomworks**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **FBI Files**
11.00 **Forensic Detectives**
12.00 NOON **Evil Online**
1.00 PM **Reasonable Doubt**
2.00 **Disappeared** Focusing on the case of Tammy Kingery.
3.00 **Murder on CCTV**
4.00 **Diabolical: Deadly Love**
5.00 **Say Yes to the Dress: UK**
6.00 **Say Yes to the Dress**
7.00 **Long Lost Family**
8.00 **The Killer in My Family**
9.00 **Murder on CCTV** A shop worker is killed in North Carolina.
10.00 **Mother, May I Murder?** New edition A brutal execution has only two suspects, the victim's ex-wife and their son.
11.00 **Britain's Deadliest Kids**
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A killer sends his victim's family her last will and testament. **7.30** Toxicologists attempt to determine whether a man who suffered a heart attack was really the victim of a poisoning.
8.00 **48 Hours** A woman vanishes from her condo and security footage captures a phantom figure calmly parking her car.
9.00 **Real Detective** A hit-and-run incident takes a devastating toll on a family in Florida.
10.00 **Bloodline Detectives** New edition The murder of Michella Welch, who went missing and her bludgeoned body was later found by police.
11.00 **Inside Crime**
12.00 M'T **Fatal Vows**
1.00 AM **Real Detective**
2.00 **Bloodline Detectives**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Border Security: Canada's Front Line** Double bill.
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Murdered at First Sight**
2.00 **The Real Manhunter: The...**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **When Life Means Life**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next**
10.00 **Murders That Shocked the Nation** Armin Meiwes.
11.00 **World's Most Evil Killers**
12.00 M'T **Killer in My Village**
1.00 AM **The Real Manhunter: The Murder of Chris Donovan**
2.00 **Killer Siblings**
3.00 **When Life Means Life**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **The War** As 6.30pm.
9.40 **Auschwitz in 33 Objects**
10.50 **Inside Japan's War**
11.55 **Missing in Action**
1.00 PM **Mutant Weather**
2.00 **The War** As 6.30pm.
3.05 **Auschwitz in 33 Objects**
4.20 **Inside Japan's War**
5.25 **Missing in Action**
6.30 **The War** General MacArthur's campaign to liberate the Philippines, and his resultant popularity in America.
7.35 **Auschwitz in 33 Objects** The stories of some of the victims of the holocaust through personal items taken from them in Auschwitz Birkenau.
8.40 **Inside Japan's War** An insight into Imperial Japan's military motives and culture.
9.50 **Missing in Action** The disappearances of soldiers during the 20th century.
10.50 **Auschwitz in 33 Objects**
12.00 M'T **Inside Japan's War**
1.05 **to 2.00** AM **Beautiful Serengeti**

MONDAY

Monday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Harrow: A Very British School** Documentary.
7.00 **Discovering: Tim Robbins**
8.00 **The Directors**
9.00 **Rolling Stone: Stories from the Edge**
10.00 **The Movies**
10.55 **Allen v. Farrow**
12.00 NOON **The Forever Prisoner**
2.15 PM **Steve McQueen: The Lost Movie** Documentary.
4.00 **The Directors**
5.00 **Discovering: Tim Robbins**
6.00 **Rolling Stone: Stories from the Edge**
7.00 **The Movies**
7.55 **Allen v. Farrow** 1/4. An exploration of the Woody Allen sexual abuse allegation.
9.00 **Hijacked: Flight 73** The story of the hijacking of Pan Am Flight 73 in Karachi in 1986.
11.00 **I Am Bruce Lee** The career of the actor and martial artist.
12.50 AM **Tread** Documentary.
2.35 **Pelosi in the House**
4.40 **My Icon: Henni Goya**
5.00 **to 6.00** AM **Discovering: Tim Robbins**

Sky Nature

124/125 822 189 354 369

6.00 AM **Dogs with Extraordinary Jobs** Documentary.
7.00 **Monkey Life**
8.00 **Chasing the Rains**
9.00 **Africa's Underwater Wonders**
10.00 **Wild Tales from the Farm**
11.00 **Islands**
12.00 NOON **Africa's Hidden Kingdoms** Documentary.
1.00 PM **Monkey Life**
2.00 **Chasing the Rains**
3.00 **Africa's Underwater Wonders**
4.00 **Wild Tales from the Farm**
5.00 **Islands**
6.00 **Africa's Hidden Kingdoms**
7.00 **Monkey Life** Double bill.
8.00 **Africa's Wild Year**
9.00 **Predators** A female puma teaches its cubs how to survive.
10.00 **Africa's Hidden Kingdoms**
11.00 **Islands**
12.00 M'T **Shark Squad**
1.00 AM **Battle of the Alphas**
2.00 **Africa's Wild Year**
3.00 **Predators** As 9.00pm.
4.00 **Chasing the Rains**
5.00 **to 6.00** AM **Africa's Underwater Wonders**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Brad Meltzer's Decoded**
9.00 **Craig Charles: UFO Conspiracies**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **River Hunters**
2.00 **Combat Trains**
3.00 **How the Nazis Lost the War**
4.00 **Food That Built the World**
5.00 **Dangerous Missions**
6.00 **Deep Sea Detectives**
7.00 **What on Earth?**
8.00 **The Proof Is Out There** An examination of a witch's broomstick 'floating' in mid-air.
9.00 **Monsterquest** The team investigate sightings of a monster in Kentucky.
10.00 **Evil Encounters**
11.00 **Paranormal: Caught on Camera** A man gets an unwelcome visitor in his home.
12.00 M'T **Ancient Aliens**
2.00 AM **The UnXplained with William Shatner**
3.00 **Human Weapon**
4.00 **River Hunters**
5.00 **to 6.00** AM **Combat Trains**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Homicide: Hours to Kill**
10.00 **Killer in Plain Sight**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **#Textmewhenyougethome**
2.00 **Imperfect Murder**
3.00 **Green Eyed Killers**
4.00 **Killer Britain with Dermot Murnaghan**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Homicide: Hours to Kill**
9.00 NEW SERIES **#Dead2Me**
10.00 **Cops Who Kill with Will Mellor** Bobby Cutts Jr.
11.00 **Homicide Hunter**
12.00 M'T **Cruise Ship Killers**
1.00 AM **#Dead2Me**
2.00 **Killer Britain with Dermot Murnaghan**
3.00 **#Textmewhenyougethome**
4.00 **Homicide: Hours to Kill**
5.00 **to 6.00** AM **Fear Thy Neighbour**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Wild New Zealand**
10.00 **World's Deadliest**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Russia's Wild Tiger**
3.00 **Eternal Enemies: Lions and Hyenas**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Wicked Tuna: Outer Banks Showdown**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Lake Tanganyika: Africa's Blue Heart** Exploring one of the largest lakes on Earth.
9.00 **Cesar Millan: Better Human Better Dog** New edition Cesar helps a schnauzer with anxiety.
10.00 **Grit: Honey Badger Tough**
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Wicked Tuna: Outer Banks Showdown**
2.00 **Tiger's Revenge**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **Unsolved History**
8.00 **Devonport: Inside the Royal Navy** Documentary.
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: The Restorers**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **Unsolved History**
3.00 **Blowing Up History**
4.00 **Mysteries at the Museum**
5.00 **Ultimate Warfare**
6.00 **NASA's Unexplained Files**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: The Restorers**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Impossible Engineering**
11.00 **The Architecture the Railways Built** Four editions.
3.00 PM **Impossible Engineering**
5.00 **The Architecture the Railways Built** Tim Dunn explores Brunel's first and last railway projects. **6.00** Tim uncovers the secrets above, below and inside London's Charing Cross Station. **7.00** Tim heads underground at the Victorian Bramhope Tunnel in West Yorkshire. **8.00** Tim visits the popular Victorian holiday resort Saltburn-by-the-Sea.
9.00 **Impossible Engineering** The engineering behind the Falkirk Wheel in Scotland. **10.00** Featuring a look at the biggest aeroplane ever built – Stratolaunch.
11.00 **The Architecture the Railways Built** Four editions.
3.00 AM **Impossible Engineering**
4.40 **The Architecture the Railways Built** As shown at 5.00pm.
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Murder Comes to Town**
6.00 **Forensic Detectives**
7.00 **People Magazine Investigates** The so-called Jenner Beach murders of 2004, in which a young couple were shot dead.
8.00 **True Conviction** The drive-by shooting of a father.
9.00 **Murder in the Heartland** A case in which Jill Walker found her daughter, Emma, cold to the touch in her own bed.
10.00 **The Murder Tapes**
12.00 M'T **True Conviction**
1.00 AM **Betrayed**
2.00 **Evil Lives Here**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Extreme RVs**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Bennetts British Superbikes**
4.00 **Vintage Voltage**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers** Mike tracks down a British motoring icon, a 1976 Land Rover Series III.
8.00 **Vintage Voltage** A client's 1961 BMW Isetta is dangerously slow and difficult to drive.
9.00 **Extreme RVs**
10.00 **Texas Metal**
11.00 **Mega Shippers**
12.00 M'T **Vintage Voltage**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Tár** As shown at 12.35pm.
8.40 **Something in the Dirt** (2022)
10.45 **Knock at the Cabin** As 7pm.
12.35 PM **Tár** Drama starring Cate Blanchett. (2022, 15) ★★★★
3.15 **Marcel the Shell with Shoes On** Animated family comedy. (2021, PG, 90min) ★★★★
5.00 **Something in the Dirt** Comedy drama starring Justin Benson. (2022, 15, 116min) ★★★★
7.00 **Knock at the Cabin** Horror. (2022, 15, 100min) ★★★★

9.00 God Is a Bullet

Knock at the Cabin (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **God Is a Bullet** Crime thriller starring Nikolaj Coster-Waldau. A former detective infiltrates the cult that murdered his ex-wife and kidnapped his daughter with the help of its only escapee. With Maika Monroe. (2023, 18, 156min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

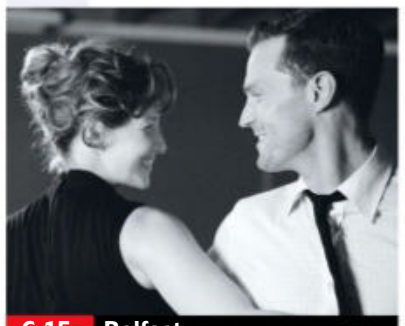
11.15 **Swallowed** Horror starring Cooper Koch and Jena Malone. (2022, 18, 96min) ★★
2.00 AM **Simulant** Sci-fi thriller starring Robbie Amell, Jordana Brewster and Simu Liu. (2023, 15, 95min) ★★★
3.45 **Marcel the Shell with Shoes On** As shown at 3.15pm.
5.35 **to 6.35** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.00 AM **The Survivor** Drama. (2021, 15, 129min) ★★★★
8.10 **Life Itself** Romantic drama. (2018, 15, 120min) ★★
10.10 **Zoolander** As 11.45pm.
11.50 **Zoolander 2** As 1.20am.
1.45 PM **Central Intelligence** Comedy. (2016, 12) ★★★
3.45 **Jurassic World: Dominion** Sci-fi adventure sequel. (2022, 12, 154min) ★★★
6.15 **Belfast** Drama starring Jamie Dornan. (2021, 12) ★★★★



6.15 Belfast

8.00 **Don't Worry Darling** Period thriller starring Florence Pugh and Harry Styles. A 1950s housewife living with her husband in a utopian community worries that his company could be hiding disturbing secrets. (2022, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Bad Neighbours** Comedy starring Seth Rogen and Zac Efron. (2014, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Zoolander** Comedy directed by and starring Ben Stiller, co-starring Owen Wilson. (2001, 12, 89min) ★★★★
1.20 AM **Zoolander 2** Comedy sequel starring Ben Stiller. (2016, 12, 102min) ★★★
3.10 **Father of the Bride** Romantic comedy remake starring Andy Garcia. (2022, 12, 117min) ★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.15 AM **American Traitor** Drama. (2021, 15, 109min) ★★
9.15 **Control** Music biopic. (2007, b/w, 15, 116min) ★★★★★
11.20 **Vanilla Sky** Fantasy drama. (2001, 15, 136min) ★★★
1.40 PM **Sabrina** Romantic comedy. (1995, PG, 127min) ★★★
3.50 **The Remains of the Day** Merchant-Ivory period drama. (1993, U, 134min) ★★★★★

6.10 **Mr Holmes** Mystery starring Ian McKellen and Laura Linney. (2015, PG, 101min) ★★★★
8.00 **The Social Network** Drama about the founding of Facebook by 19-year-old Harvard student Mark Zuckerberg. Stars Jesse Eisenberg, Andrew Garfield and Justin Timberlake. (2010, 12, 120min) ★★★★★
10.05 **Spotlight** Fact-based drama starring Mark Ruffalo, Michael Keaton and Rachel McAdams. (2015, 15, 129min) ★★★★★

12.15 AM **The Silent Twins** Drama. (2022, 18, 83min) ★★★★
2.15 **Murder at Yellowstone City** Western. (2022, 15) ★★★
4.25 **Fear and Loathing in Aspen** Drama. (2020, 15) ★★★★
5.50 **to 8.00** AM **The Fifth Estate** Thriller. (2013, 15, 125min) ★★★

Sky Cinema Dystopia

311 311 411 511 525

6.15 AM **Resident Evil: Degeneration**
7.55 **Skyline** As 2.00am.
9.40 **The Core** Sci-fi action thriller. (2002, 12, 135min) ★
11.55 **Divergent** Sci-fi adventure. (2014, 12, 136min) ★★★
2.15 PM **Divergent: Insurgent** Sci-fi adventure sequel. (2015, 12, 116min) ★★
4.15 **Cabin Fever** Horror thriller. (2002, 15, 94min) ★★

6.00 **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. (1985, PG, 115min) ★★★★★
8.00 **Snowpiercer** Fantasy starring Chris Evans. In a snow-ravaged world, travellers fight for survival on a train that perpetually circumnavigates the globe. (2013, 15, 126min) ★★★★
10.10 **Midnight Special** Sci-fi adventure starring Michael Shannon and Jaeden Martell. (2015, 12, 109min) ★★★★

12.05 AM **Crimes of the Future** Horror. (2022, 18, 107min) ★★★
2.00 **Skyline** Sci-fi action thriller. (2010, 15, 92min) ★★★
3.40 **Resident Evil: Degeneration** Animation. (2008, 15) ★★
5.20 **to 6.20** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.40 AM **Peter Rabbit** (2018) ★★★
8.20 **Fantastic Beasts and Where to Find Them** (2016) ★★★★
10.35 **Willy Wonka and the Chocolate Factory** Fantasy. (1971, U, 100min) ★★★★
12.20 PM **Matilda** (1996) ★★★★
2.05 **A Monster Calls** Fantasy. (2016, 12, 108min) ★★★★
4.00 **The Karate Kid: Part III** Adventure. (1989, PG) ★
5.55 **Nancy Drew and the Hidden Staircase** (2019, PG) ★★★

5.55 Nancy Drew and the...

7.30 **Stuart Little** Fantasy adventure with the voice of Michael J Fox. (1999, U, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Robo-Dog: Airborne** Family adventure sequel starring Michael Campion and Patrick Muldoon. Robo-Dog loses his memory and goes missing. (2017, U, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

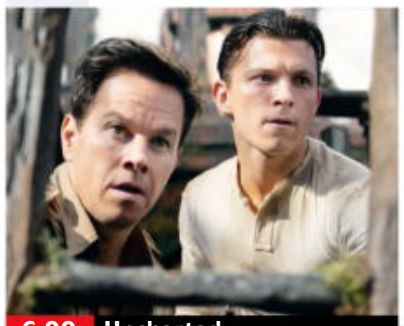
10.35 **Agent Cody Banks** Teen spy comedy with Frankie Muniz, Hilary Duff, Angie Harmon, Keith David and Arnold Vosloo. (2003, 12, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Wickensburg** Adventure. (2022, PG, 90min) ★★★
2.00 **Pups Alone** Family comedy. (2021, PG, 107min) ★
4.00 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
5.55 **to 7.40** AM **Bratz** Comedy. (2007, PG, 98min) ★★

Sky Cinema Action

307 307 407 507 521

6.00 AM **The 355** (2022, 12) ★★★
8.05 **The Accidental Spy** Action comedy. (2001, 12, 83min) ★★
9.50 **SAS: Red Notice** Action thriller. (2021, 15, 90min) ★★★
12.00 NOON **The Last Witch Hunter** Fantasy. (2015, 12) ★★★
1.55 PM **Batman Forever** Fantasy. (1995, 12, 121min) ★★★
4.00 **San Andreas** Disaster movie. (2015, 12, 114min) ★★★
6.00 **Uncharted** Action adventure. (2022, 12, 116min) ★★★


6.00 Uncharted

8.00 **The Bourne Legacy** Spy thriller sequel starring Jeremy Renner, Rachel Weisz and Edward Norton. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Spider-Man: No Way Home** Adventure sequel starring Tom Holland. Peter Parker asks Doctor Strange for help to change the past. (2021, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **The Running Man** Sci-fi with Arnold Schwarzenegger. (1987, 18, 101min) ★★★
2.30 **Train to Busan** South Korean horror thriller. Subtitled. (2016, 15, 118min) ★★★★
4.30 **to 6.15** AM **Shaolin Soccer** Hong Kong comedy. Subtitled. (2001, 12, 113min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
8.45 **Ride Along 2** As 1.25am.
10.35 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
12.25 PM **Beverly Hills Cop II** Comedy. (1987, 15) ★★★
2.15 **Beverly Hills Cop 3** Comedy thriller. (1994, 15, 104min) ★★
4.05 **A Man Called Otto** Comedy drama. (2022, 15) ★★★
6.15 **The Boss** Comedy. (2015, 15, 89min) ★★★

4.05 A Man Called Otto

8.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. (1993, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Trainwreck** Comedy drama starring Amy Schumer and Bill Hader. A journalist who lives her life by the maxim that monogamy does not work falls for an interviewee. (2015, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Bewitched** Comedy fantasy starring Nicole Kidman, Will Ferrell and Shirley MacLaine. (2005, PG, 102min) ★★★
1.25 AM **Ride Along 2** Crime comedy sequel starring Ice Cube and Kevin Hart. (2016, 12, 102min) ★★
3.15 **Clerks** Cult comedy. (1994, b/w, 18, 92min) ★★★★
4.55 **to 6.50** AM **The Paper Tigers** Action comedy. (2020, 12, 108min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **Hounded** As 4.10am.
8.05 **The Gateway** Thriller. (2021, 15, 91min) ★★★
9.50 **Man on a Ledge** Thriller. (2011, 12, 98min) ★★★
11.50 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
2.00 PM **2 Guns** Action thriller. (2013, 15, 104min) ★★★
4.00 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
5.50 **No Country for Old Men** Thriller. (2007, 15) ★★★★

10.00 The Warriors

8.00 **Layer Cake** Gangster thriller starring Daniel Craig, Michael Gambon and Sienna Miller. A slick London drug dealer finds himself in trouble when a drug deal goes sour. With Kenneth Cranham and Colm Meaney. (2004, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Warriors** Urban thriller starring Michael Beck and James Remar. (1979, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Taxi Driver** Martin Scorsese's disturbing drama starring Robert De Niro as a New York taxi driver obsessed with saving a child prostitute. With Jodie Foster and Cybill Shepherd. (1976, 18, 110min) ★★★★★
1.50 AM **Serpico** Fact-based crime drama starring Al Pacino. (1973, 18, 130min) ★★★★
4.10 **to 6.00** AM **Hounded** Horror starring Samantha Bond. (2022, 15, 94min) ★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Red Pony** Adventure. (1949, PG, 90min) ★★★
12.50 PM **Three Hours to Kill** Western. (1954, 12) ★★
2.25 **El Dorado** Classic Western. (1966, PG, 126min) ★★★★
5.00 **Last Train from Gun Hill** Western starring Kirk Douglas. (1959, 15, 98min) ★★★
6.50 **My Cousin Rachel** Drama starring Holliday Grainger. (2017, 12, 106min) ★★★

6.50 My Cousin Rachel

8 PM **My Cousin Rachel** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Armageddon** Sci-fi action adventure starring Bruce Willis, Liv Tyler and Ben Affleck. An oil driller and his team of roughnecks try to intercept and destroy a giant asteroid that is on a collision course with Earth. (1998, 12, 151min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **12.00** M'T **Eagle vs Shark** Offbeat romantic comedy starring Loren Horsley and Jemaine Clement. An awkward young woman falls for a fellow misfit and accompanies him on a visit to his seaside home town. (2007, 15, 83min) ★★★

11 PM **1.45** **to 4.00** AM **The Girl on the Train** Thriller with Emily Blunt. (2016, 15, 107min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 302 402 502 516

6.30 AM **Long Story Short** (2021)
8.20 **50 First Dates** As 8.00pm.
10.15 **Maid in Manhattan** Romantic comedy starring Jennifer Lopez. (2002, PG, 105min) ★★★
12.15 PM **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
2.15 **Marry Me** As 11.35pm.
4.15 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★

6.15 **Miss Potter** Biopic starring Renée Zellweger as children's author Beatrix Potter. (2006, PG, 93min) ★★★★
8.00 **50 First Dates** Romantic comedy starring Adam Sandler and Drew Barrymore. A Hawaii vet falls for a woman with short-term memory loss. (2004, 12, 99min) ★★★
9.50 **Finding Neverland** Drama starring Johnny Depp, Kate Winslet and Dustin Hoffman. (2004, PG, 101min) ★★★★

11.35 **Marry Me** Romantic comedy. (2022, 12, 112min) ★★★
1.35 AM **Long Story Short** Comedy. (2021, 15, 90min) ★★★
3.25 **My New York Year** Drama. (2020, 15, 101min) ★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Directors

304 304 404 504 518

6.00 AM **A Beautiful Mind** Biopic. (2001, 12, 136min) ★★★★
8.30 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
10.30 **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★
1.05 PM **Philadelphia** Melodrama. (1993, 12, 122min) ★★★★
3.25 **The Manchurian Candidate** Political thriller remake. (2004, 15, 130min) ★★★★

5.40 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
8.00 **The Equalizer** Thriller based on the 1980s TV series, starring Denzel Washington and Chloe Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
10.15 **The Equalizer 2** Thriller sequel starring Denzel Washington. (2018, 15, 121min) ★★★

12.25 AM **Shooter** Action thriller starring Mark Wahlberg. (2007, 15, 125min) ★★★★
2.45 **Fatal Attraction** Suspense thriller starring Michael Douglas. (1987, 18, 120min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.50 AM **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
8.25 **Asterix: The Secret of the...**
9.55 **Scooby-Doo! & Batman: The Brave and the Bold** Animation. (2018, PG, 75min) ★★★
11.15 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
12.50 PM **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★

2.25 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
4.00 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
5.30 **Sing 2** Animated musical sequel. (2021, PG, 110min) ★★★★
7.25 **Extinct** Animated adventure. (2021, U, 84min) ★★★
8.55 **Asterix: The Secret of the Magic Potion** (2018, PG) ★★★
10.25 **DC Super Hero Girls: Hero of the Year** (2016, PG) ★★★
11.45 **Open Season 2** (2008) ★★★

1.05 AM **Duck Duck Goose** Animation. (2018, PG) ★★★
2.40 **Bah Humduck!: A Looney Tunes Christmas** Animation.
3.35 **Extinct** As shown at 7.25pm.
5.05 **to 6.30** AM **Scooby-Doo! Return to Zombie Island** Animation. (2019, U) ★★★

Movies 24

325 419

7.00 AM **The Honeymoon Murder: An Aurora Teagarden Mystery** Drama. (2021, PG, 84min) ★★
9.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★
11.00 **Love and the Radio Star** Romantic comedy drama. (2022, PG, 90min) ★★
1.00 PM **Ships in the Night: A Martha's Vineyard Mystery** Drama. (2021, PG, 89min) ★★

3.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
5.00 **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
7.00 **A Time to Kill: Mystery 101** Crime drama starring Jill Wagner and Kristoffer Polaha. (2021, PG, 84min) ★★
9.00 **Caribbean Summer** Romantic comedy with Heather Hemmens. A news producer fall victim to a holiday rental scam, but in a stroke of luck, befriends the real owner. (2022, PG, 84min) ★★

11.00 **One Summer** Romantic drama. (2021, PG, 84min) ★★
1.00 AM **Chronicle Mysteries**
3.00 **to 5.00** AM **Mystery 101: Deadly History** Crime drama. (2021, PG, 84min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Flannelfoot** Crime thiller. (1953, b/w, U, 75min) ★
7.25 **Two on the Tiles** Comedy. (1951, b/w, PG, 68min) ★★
8.55 **Stranger in Town** Crime drama. (1957, b/w, U, 74min) ★★
10.25 **Look at Life**
10.35 **Night of the Prowler** Mystery. (1962, b/w, U, 65min) ★★
11.50 **McLintock!** Comedy Western. (1963, U, 127min) ★★★

2.30 PM **Crown Court**
3.00 **The Saint** 2/12. (S1)
4.00 **Cardboard Cavalier** Comedy. (1948, b/w, U, 95min) ★★
5.50 **Look at Life**
6.00 **The Footage Detectives**
7.00 **I Wake Up Screaming** Thriller starring Victor Mature. (1941, b/w, PG, 82min) ★★★★
8.35 **Blue Pullman**
9.00 **The Gold Robbers** 4/13. (S1)
10.05 **The Moderns** Romantic drama starring Keith Carradine. (1988, 15, 121min) ★★★★

12.40 AM **Cry of the City** Thriller starring Victor Mature, Richard Conte and Shelley Winters. (1948, b/w, PG, 95min) ★★★
2.30 **The Heart Surgeon** Drama starring Nigel Havers and Orla Brady. (1997, 15, 150min) ★★
5.00 **to 6.00** AM **Vacant Possession**

MONDAY Sport

25 September

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
11.30 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live**
2.00 **Ryder Cup Golf** A round-up of the latest news ahead of the 44th staging of the tournament in Rome, which starts on Friday.
5.00 **Sky Sports News**
7.30 LIVE **EFL Coventry City v Huddersfield Town.** Coverage of the Championship match, staged at Coventry Building Society Arena. The Sky Blues won this fixture 2-0 last year, before winning 4-0 in the reverse fixture in March. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T LIVE **NFL Tampa Bay Buccaneers v Philadelphia Eagles.** Coverage of the week three match at Raymond James Stadium. Both sides have won the Super Bowl, but the Buccaneers have won two, in 2003 and 2021, compared to the Eagles' solitary win in 2018. Kick-off **12.15am**.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
9.30 **SNF** Brentford v Everton.
10.00 **The Football Show**
11.30 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Highlights** Brighton & Hove Albion v Bournemouth at Amex Stadium. **4.30** Action from Liverpool v West Ham United at Anfield. **5.00** Chelsea v Aston Villa. **5.30** Arsenal v Tottenham Hotspur at Emirates Stadium. **6.00** Sheffield United v Newcastle United at Bramall Lane. **6.30** Brighton & Hove Albion v Bournemouth at Amex Stadium.
7.00 **Premier League Review**
8.00 **Gary Neville's Soccerbox**
9.00 **Premier League Review**
10.00 **Premier League Icons**
10.30 **PL Retro** A replay of Arsenal v Manchester United from 2005.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2012/13 play-offs.
9.00 **Scottish Premiership Round-Up**
9.15 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL** Stoke City v Hull City.
2.00 PM **EFL Highlights**
3.00 **EFL Goals: Leagues 1 & 2**
3.30 **Scottish Premiership Round-Up**
3.45 **SPFL Highlights**
4.00 **EFL Highlights**
6.00 **EFL Goals: Leagues 1 & 2**
6.30 **Bundesliga Highlights Show**
7.30 LIVE **EFL Coventry City v Huddersfield Town.** Coverage of the Championship match staged at Coventry Building Society Arena. Kick-off **8.00pm**.
10.30 **Scottish Premiership Round-Up**
10.45 **SPFL Highlights** Livingston v Celtic at Almondvale Stadium.
11.00 **Bundesliga Highlights Show**
12.00 M'T **EFL Greatest Games**
1.00 AM **Championship Season Review** The 2015/16 season.
2.00 **EFL Trophy Football**
2.30 **Best Moments From the League 1 & 2 Play-Off Final (1993-2019)** Archive highlights.
3.00 **EFL Cup Retro** The 2012 final.
5.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **How the 2007 ICC World Cup Was Won** Archive action.
9.00 **One-Day International Cricket**
11.00 **The World Cup Through Their Eyes** England's World Cup win.
1.00 PM **ICC CWC Qualifier: The Official Film** A look back at the competition in Zimbabwe.
2.00 **ICC Men's CWC: The Preview** A look ahead to the tournament in India, which begins on 5 October.
3.00 **Eoin Morgan: On Top of the World** An exclusive interview.
3.45 **Pushing Boundaries** Charting the history of women's cricket.
5.00 **Eoin Morgan: On Top of the World** An exclusive interview.
5.45 **Secrets of Success** The most successful leaders in sport.
8.00 **One-Day International Cricket** Action from the first two matches between England and Ireland.
10.00 **Cricket World Cup**
11.00 **World Cup Cricket Classics**
12.00 M'T **One-Day International Cricket** England v Ireland.
1.00 AM **How the 2015 ICC World Cup Was Won**
3.00 **One-Day International Cricket**
4.00 **World Cup Cricket Classics**
5.00 **to 6.00** AM **Cricket World Cup**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Countdown to the Ryder Cup** A profile of Luke Donald.
6.30 **Countdown to the Ryder Cup**
8.00 **Solheim Cup Golf** Highlights from all three days of the women's team competition between Europe and USA, staged at Finca Cortesin in Andalucia, Spain.
2.00 PM **Ryder Cup Golf** The latest news ahead of the tournament in Rome, which starts on Friday.
5.00 **Luke Donald: Cool Hand Luke**
5.30 **Countdown to the Ryder Cup**
6.00 **Solheim Cup Golf** Action from the singles matches on day three Finca Cortesin in Andalucia, Spain.
7.00 **Ryder Cup Golf** The latest news ahead of the prestigious event.
10.00 **Ryder Cup Captain's Dinner**
11.00 **Countdown to the Ryder Cup**
12.30 AM **My Ryder Cup**
12.45 **Celebrity Kop Club**
1.00 **My Ryder Cup**
2.00 **Solheim Cup Golf** Action from the singles matches on day three.
3.00 **My Ryder Cup**
3.30 **Celebrity Kop Club**
3.45 **My Ryder Cup**
4.00 **Solheim Cup Golf** Day three.
5.00 **Luke Donald: Cool Hand Luke**
5.30 **to 6.00** AM **Countdown to the Ryder Cup**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **Premier League Review**
7.00 **WWE NXT Highlights**
8.00 **Premier League**
9.30 **Premier League: Big Interview**
10.00 **Vanarama National League**
11.30 **National League Highlights**
12.00 NOON **UEFA Champions League Goals Reload**
12.15 PM **Europa League Goals**
12.30 **Premier League Review**
1.30 **The WRC Magazine**
2.00 **CPL** Highlights of the final.
2.30 **Classic Ligue 1**
3.00 **Ligue 1 Highlights**
4.00 **Europa League Highlights**
5.00 **Premier League Stories**
5.30 **Premier League: Big Interview**
6.00 **Premier League Review**
7.00 **No Filter Boxing**
7.15 **No Filter Football**
7.30 **The WRC Magazine**
8.00 **V8 Supercars Highlights**
9.00 **Fishing: On the Bank**
10.00 **TNT Sports Goals Reload**
10.30 **CPL** Highlights of the final.
11.00 **WWE Raw Highlights**
12.00 M'T **WWE SmackDown**
1.00 AM LIVE **WWE Raw** Wrestling.
4.15 **TNT Sports Goals Reload**
4.30 **CPL** Highlights of the final.
5.00 **to 6.00** AM **Cricket Classics**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **MotoGP** Grand Prix of India.
9.30 **MotoGP Chequered Flag**
10.30 **Fight Night Live** Another chance to see Zhilei Zhang v Joe Joyce.
12.30 PM **UEFA Champions League Highlights** The Tuesday night fixtures on matchday one. **1.30** Action from the Wednesday night fixtures on matchday one.
2.30 **UEFA Champions League Magazine** News and action.
3.00 **Premiership Rugby Cup** Gloucester v Harlequins.
4.30 **MotoGP** Highlights of the Grand Prix of India Moto3 race. **5.30** The Grand Prix of India Moto2 race in Uttar Pradesh. **6.30** Action from the Grand Prix of India MotoGP sprint race. **7.00** Highlights of the Grand Prix of India MotoGP race.
8.00 **MotoGP Chequered Flag** The Grand Prix of India.
9.00 **Fight Night Live** Another chance to see Zhilei Zhang v Joe Joyce.
11.00 **UFC Fight Night** Action from Rafael Fiziev v Mateusz Gamrot.
2.00 AM **TNT Sports Goals Reload**
2.30 **to 6.00** AM LIVE **MLB** Coverage of a Major League Baseball regular-season match.

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Serie A** Salernitana v Frosinone at Arechi Stadium. **7.00** Lecce v Genoa. **8.00** AC Milan v Verona. **9.00** Sassuolo v Juventus. **10.00** Lazio v Monza.
11.00 **Serie A** Empoli v Inter Milan. **12.00** NOON Atalanta v Cagliari. **1.00** PM Udinese v Fiorentina. **2.00** Bologna v Napoli. **3.00** Torino v AS Roma.
4.00 PM **Vanarama National League** Another chance to see Woking v York City at the Kingfield Stadium.
5.30 **Vanarama National League Highlights** Recent action.
6.00 **Serie A** Salernitana v Frosinone. **7.00** Lecce v Genoa. **8.00** Highlights of AC Milan v Verona at the San Siro. **9.00** Sassuolo v Juventus.
10.00 **Serie A** Lazio v Monza. **11.00** Empoli v Inter Milan. **12.00** M'T Atalanta v Cagliari. **1.00** AM Udinese v Fiorentina. **2.00** Bologna v Napoli. **3.00** Torino v AS Roma.
4.00 **Ligue 1 Highlights** A look back at the recent action from the top-flight league in France, including Monaco v Nice and Brest v Lyon.
5.00 **to 6.00** AM **Classic Ligue 1**

Sky Sports NFL

407 407 865 | 517 507 | 426 446

6.00 AM **Her Huddle**
6.30 **One Jets Drive**
7.00 **NFL Highlights**
9.00 **NFL: America's Game**
10.00 **NFL Highlights**
12.00 NOON **Good Morning Football**
3.00 PM **NFL Highlights** Las Vegas Raiders v Pittsburgh Steelers.
4.00 **NFL Bitesize Highlights**
5.00 **NFL Highlights** Action from New York Jets v New England Patriots.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Brief highlights of Las Vegas Raiders v Pittsburgh Steelers. **8.15** Action from San Francisco 49ers v New York Giants. **8.30** Brief highlights of Kansas City Chiefs v Chicago Bears. **8.45** Brief highlights from New York Jets v New England Patriots.
9.00 **NFL Review Show**
10.00 **NFL Fantasy** Analysis.
11.00 **NFL Highlights**
12.00 M'T LIVE **NFL Tampa Bay Buccaneers v Philadelphia Eagles.** From Raymond James Stadium. Kick-off **12.15am**.
3.30 AM **NFL Review Show**
4.30 **Eagles: 24 Hours to Kickoff**
5.00 **to 6.00** AM **NFL Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **Solheim Cup Golf** Another chance to see the singles matches on day three of the women's team competition between Europe and USA at Finca Cortesin in Spain.
3.00 PM **PL Greatest Games**
4.00 **Formula 1** Highlights of the Japanese Grand Prix, the 17th round of the season at Suzuka International Racing Course.
5.00 **One-Day International Cricket** England v Ireland at Headingley. **6.00** Highlights of England v Ireland, staged at Trent Bridge.
7.00 **NFL Highlights** Kansas City Chiefs v Chicago Bears.
8.00 **WNBA** A replay of Washington Mystics v New York Liberty.
10.00 **One-Day International Cricket** England v Ireland at Trent Bridge.
11.00 **Formula 1** Highlights of the Japanese Grand Prix at Suzuka International Racing Course.
12.00 M'T **Solheim Cup Golf**
1.00 AM LIVE **NFL Cincinnati Bengals v Los Angeles Rams.** Coverage of the match in the third week of fixtures, staged at Paycor Stadium. Kick-off **1.15am**.
4.30 **Women's Super League**
5.00 **to 6.00** AM **Formula 1**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Premiership Rugby Cup** Gloucester v Harlequins.
7.30 **UEFA Champions League Highlights** The Tuesday night fixtures on the first matchday. **8.30** Action from the Wednesday night fixtures on matchday one.
9.30 **UEFA Europa League Highlights Show** Action from the matchday one fixtures.
10.30 **MLB** Action from 2022.
11.30 **MLB World Series Film 2006**
1.00 PM **MLB** A regular-season match.
3.30 **MLB World Series Film 2007**
5.00 **MLB Bloopers: Hardball Hijinks**
6.00 **MLB** A regular-season match.
8.30 **Ligue 1 Highlights**
9.30 **UEFA Champions League Magazine** News and updates.
10.00 **UEFA Europa League Highlights Show**
11.00 **MLB** A regular-season match.
1.30 AM **MotoGP** Grand Prix of India.
5.00 **to 6.00** AM **MotoGP Chequered Flag**

Eurosport 1

413 413 868 | 521 | 412 435

6.30 AM LIVE **Cycling: Tour of Langkawi** The third stage.
8.00 **Cycling: Tour of Luxembourg**
9.00 **The Power of the Olympics**
9.15 **Snooker: English Open 2018**
11.15 **Climbing World Cup**
12.30 PM **Climbing Show**
1.00 **Cycling: Tour of Langkawi**
2.00 **Cycling** European Championships.
4.00 **World Surf League**
5.00 **Wrestling: World C'ships**
5.30 **The Minute**
5.35 **Sailing: Spirit of Yachting**
6.05 **Olympics: La Vie Sportive**
7.00 **Cycling: Tour of Langkawi**
8.00 **Cycling** European Championships.
9.00 **Climbing World Cup**
10.00 **Mountain Biking**
11.00 **Cycling** Recent highlights.
1.00 AM **World Superbikes**
3.00 **Cycling** European Championships.
4.00 **The Power of the Olympics**
4.15 **Cycling: Tour of Langkawi**
5.15 **to 6.45** AM LIVE **Cycling: Tour of Langkawi** The fourth stage.

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Climbing World Cup**
7.00 **World Surf League**
8.00 **World Superbikes**
10.00 **Motocross World Championship**
12.00 NOON **World Surf League**
1.00 PM **British Superbikes**
3.00 **British Speedway**
4.00 **World Superbikes**
6.00 **Le Mans Classic** Action from the vintage car event, staged at the Circuit de la Sarthe in France.
6.30 **British Speedway** Action from the first leg of the second semi-final.
7.30 LIVE **British Speedway** The second leg of the opening British Premiership play-off semi-final.
10.00 **World Superbikes** Action from the 10th round in Aragon, Spain. **11.00** The supersport races.
12.00 M'T **Hall of Fame: Barcelona 1992** Archive action.
1.00 AM **Cycling: Tour of Langkawi**
2.00 **Snooker: English Open 2017**
4.00 **to 6.00** AM **Motocross World Championship**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
7.30 **Women's Super League**
8.00 **Top Rank Boxing Archive**
9.00 **Fight Night International**
10.00 **International Netball**
12.00 NOON **Betfred Super League Highlights** Recent action.
12.30 PM **Women's Super League**
1.00 **US Open Tennis**
3.00 **WNBA** A play-off match.
5.00 **British Basketball**
7.15 **Super League Highlights**
8.30 **Women's Super League**
9.00 **International Netball** Action from New Zealand v England.
11.00 **WNBA** A play-off match.
1.00 AM LIVE **NFL Cincinnati Bengals v Los Angeles Rams.** Coverage of the match in the third week of fixtures, staged at Paycor Stadium. Kick-off **1.15am**.
4.30 **Spirit of Yachting**
5.00 **Super League Highlights**
5.30 **to 6.00** AM **Women's Super League**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** The Japanese Grand Prix first practice session. **12.15** PM The Japanese Grand Prix second practice session.
1.30 **The F1 Show**
2.30 **Formula 1** The Japanese Grand Prix third practice session.
3.45 **F1 Features**
4.00 **Formula 1** The Japanese Grand Prix qualifying session.
6.00 **The Notebook**
6.30 **F1 Features**
7.00 **Formula 1** A chance to see the Japanese Grand Prix at Suzuka International Racing Course.
9.15 **The Notebook**
9.45 **F1 Features**
10.00 **Ferrari Challenge Europe** Action from race two of the Trofeo Pirelli, staged at Circuit de Spa-Francorchamps in Belgium.
11.00 **Formula 1** Japanese Grand Prix.
12.00 M'T **The Notebook**
12.30 AM **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Tuesday

26 September

Evening Planner

Documentary

Fake or Fortune?
BBC1, 8pm
Fiona Bruce returns to try to sort bogus works of art from the bona fide, starting with a sculpture found at a car boot sale.

Cookery

The Great British Bake Off
C4, 8pm
Alison Hammond joins Noel Fielding as new co-host, while a fresh batch of bakers aim to impress Prue and Paul.

Football

EFL Cup
Sky Sports Main Event/Football, k-o 8pm
Manchester United entertain Crystal Palace in the third round of the Carabao Cup. Newcastle v Man City is tomorrow.

Reality

Celebrity SAS: Who Dares Wins
C4, 9.30pm
Famous faces undergo special forces training in the Vietnamese jungle.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Fake or Fortune?		9.00 The Following Events Are Based on a...		10.00 News	10.40 Juice
102 BBC2	7.00 Paul Whitehouse: Our Troubled Rivers		8.00 This Farming Life		9.00 Rise of the Nazis: The Manhunt		10.00 Mock the...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Real Crown: Inside the House of...		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off			9.30 Celebrity SAS: Who Dares Wins		10.30 Gogglebox
105 CHANNEL 5	7.00 GPs: Behind Closed Doors		8.00 Harvest on the Farm		9.00 Secrets of Our Universe with Tim Peake		10.00 The Girl in the Cellar: 8 Years...	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Predators		9.00 Ferrari: Race to Immortality			
ENTERTAINMENT								
115 BBC3	7.00 Phoenix Rise		8.00 Gavin & Stacey		9.00 Ballers: Ball or Nothing		10.00 Film: The Lost Boys	
116 BBC4	7.00 Life		8.00 Climbing Great...	8.30 Some Mothers...	9.00 Yes, Minister	9.30 The Thick of It	10.00 Storyville: Tanja – Terrorist or...	
118 ITV2	7.00 Ninja Warrior UK: Race for Glory		8.00 Superstore		9.00 The Murder of Alice Ruggles: Social...		10.00 Family Guy	
136 MORE4	◂ 6.55 The Dog House	7.55 Grand Designs			9.00 24 Hours in A&E		10.00 Rescue: Extreme Medics	
135 E4	7.00 Hollyoaks		8.00 First Dates Ireland		9.00 Married at First Sight UK		10.05 Abbott Elementary	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 Law & Order: Organized Crime		10.00 Blue Bloods	
108 SKY ATLANTIC	◂ 6.55 Ray Donovan	7.55 Game of Thrones			9.00 The Lovers	9.40 Billions		
110 GOLD	7.00 Blackadder the Third	7.40 Dad's Army			9.00 The Royle Family	9.40 Not Going Out		
111 DAVE	7.00 Richard Osman's House of Games		8.20 Would I Lie to You?		9.00 QI XL		10.00 Have I Got a Bit More Old News for...	
119 ITV3	◂ 6.45 Snooker: British Open – Live: Coverage of the evening session on day two							10.30 Van Der Valk
120 ITV4	◂ 6.15 UEFA Women's Nations League – Live: Netherlands v England (Kick-off 7.00)					9.25 World Superbike Highlights		10.20 All Elite Wrestling...
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: American Pie 2			
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Chucky			
113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own Road Trip...		9.00 A Discovery of Witches		10.00 The Blacklist	
109 ALIBI	7.00 Elementary		8.00 Death in Paradise		9.00 So Help Me Todd		10.00 Death in Paradise	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Discovering Sci-Fi on Film			9.30 Comedy Legends		10.30 Buddy Holly...
132 W	7.00 MasterChef Australia		8.00 Ambulance Australia		9.00 24 Hours in A&E		10.00 999 Rescue Squad	
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush				10.00 Hoffman Family Gold	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 The Zoo				10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Hitler's Last Stand				10.00 WW2: Hell Under the Sea	
123 SKY HISTORY	7.00 Forged in Fire		8.00 What on Earth?		9.00 History's Greatest Mysteries		10.00 Truth & Lies	
155 YESTERDAY	7.00 Antiques Roadshow		8.00 Joanna Lumley's Japan		9.00 The Architecture the Railways Built		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Movies	7.50 Allen v. Farrow			9.00 Otto Baxter: Not a F***ing Horror Story			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.05 80 for Brady		8.00 Knock at the Cabin			9.55 God Is a Bullet		
303 HITS	◂ 6.10 Letters to Juliet		8.00 Twilight				10.05 Bad Neighbours 2	
304 GREATS	◂ 5.55 The Equalizer 2		8.00 Fatal Attraction				10.10 Game of Death	
305 ANIMATION	7.05 Storks			8.35 Maya the Bee: The Golden Orb			10.05 Scooby-Doo! Return To Zombie...	
306 FAMILY	◂ 5.55 Ella Enchanted	7.45 Stuart Little 2			9.15 Robo-Dog			
307 ACTION	◂ 5.10 Interstellar		8.00 Spider-Man: No Way Home					10.30 Black Adam
308 COMEDY	◂ 6.20 Ace Ventura: When Nature Calls		8.00 Dad's Army			9.45 The Dictator		
309 THRILLER	◂ 6.15 The Warriors		8.00 Prisoners					10.35 Taxi Driver
310 DRAMA	◂ 6.05 Footloose		8.00 Call Me By Your Name				10.15 Manchester by the Sea	
311 DYSTOPIA	◂ 6.00 Back to the Future Part II		8.00 Elysium				10.00 Crimes of the Future	
302 ANTIHEROES	◂ 6.10 2 Guns		8.00 Jason Bourne				10.05 Law Abiding Citizen	
313 FILM4	◂ 6.20 Ghostbusters				9.00 Blackbird			
SPORT								
401 MAIN EVENT	◂ 12.00 One-Day International Cricket – Live		8.00 EFL Cup – Live: Manchester United v Crystal Palace (Kick-off 8.00)					10.30 Back Pages...
402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 Netbusters	
403 FOOTBALL	7.00 EFL Cup...	7.30 EFL Cup – Live: Manchester United v Crystal Palace (Kick-off 8.00)						10.30 Bundesliga...
404 CRICKET	◂ 12.00 One-Day International Cricket – Live: England v Ireland			8.30 ICC Men's Cricket World Cup: The...		9.30 World Cup...	10.00 One-Day International Cricket	
410 TNT SPORTS 1	◂ 6.45 PL Stories	7.30 Vanarama National League – Live: Rochdale v Chesterfield (Kick-off 8.00)					10.15 Original Documentary	
411 TNT SPORTS 2	7.00 Inside Serie A	7.30 Serie A – Live: Juventus v Lecce (Kick-off 7.45)				9.45 PL Netbusters	10.15 The Special 1	

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** (S)
10.00 **Fraud Squad** New edition (S)(AD)
10.45 **Claimed and Shamed** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Kent, Nottingham and Derbyshire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** (S)(AD)
2.15 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** New edition From Yorkshire. (S)
3.45 **The Bidding Room** New edition Items include a bamboo chair. (S)
4.30 **The Vintage French Farmhouse** New edition Antique hunting. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Following Events Are...

7 PM

7.00 **The One Show** Alex Jones and Jermaine Jenas present the topical show. (S)
7.30 **EastEnders** Nish demands that Ravi gets the police involved in the search for Nugget. (S)(AD)

8 PM

8.00 NEW SERIES **Fake or Fortune?** 1/4. Fiona Bruce and Philip Mould investigate a potential Elisabeth Frink sculpture that was bought at a car-boot sale in the Essex countryside. *See feature, page 21.* (S)(AD)

9 PM

9.00 **The Following Events Are Based on a Pack of Lies** Series finale 5/5. Alice and Cheryl use the Annual Myths, Legends & Fantasy Literary Ball to give Rob a taste of his own medicine. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Juice** *The Jamma Show:* 3/6. Guy is eager to meet Jamma's parents, but Jamma faces a challenge in getting his mum to agree to the introduction. (S1) (S)(R)
11.05 **Juice** *A Saif Space:* 4/6. Jamma discovers something lurking beneath the floorboards at the Megacentre. (S1) (S)(R)
11.25 **Boot Dreams: Now or Never** 6/6. It is the final game and as Roman watches from the touchline, one player stuns the scouts. (S)(R)(AD)
12.25 AM **The Repair Shop** The experts restore a Qur'an, a scooter, a painting and a diamond ring. (S)(R)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Vintage French Farmhouse** (R)
8.00 **Sign Zone: Expert Witness** (S)(R)
8.30 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
9.00 **Nicky Campbell** (S)
10.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **The Super League Show** (S)(R)
1.45 **Impossible** Game show. (S)(R)
2.30 **Politics Live Conference** (S)
3.30 **The Best Dishes Ever** (S)(R)
3.45 **Great Canadian Railway Journeys** British Columbia. (S)(R)(AD)
4.15 **Serengeti II** (S)(R)(AD)
5.15 **Flog It!** Unseen finds. (S)(R)
6.00 **Richard Osman's House of Games** New edition (S)
6.30 **Strictly: It Takes Two** New edition Fleur East is back – and so is Choreography Corner. (S)

9.00 Rise of the Nazis: The Manhunt

7.00 **Paul Whitehouse: Our Troubled Rivers** 1/2. The actor, writer and comedian examines the issues the rivers and waterways of England and Wales are facing, beginning with the impact of water companies. (S)(R)(AD)
8.00 **This Farming Life** New edition 5/12. With Christmas around the corner, a deep freeze descends on John's farm, creating havoc with the machinery and forcing him to cancel his glamping pod guests. (S)
9.00 **Rise of the Nazis: The Manhunt** New edition 2/4. The hunt for Adolf Eichmann, who arranged the transportation of millions of Jewish people to death camps, and Nazi secret police chief Klaus Barbie. (S)(AD)
10.00 **Mock the Week** With Catherine Bohart, Ed Byrne, Darren Harriott, Rhys James and Felicity Ward. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Cricket: ODI Highlights** England v Ireland: Action from the third and final match of the one-day series, held at the Seat Unique Stadium in Bristol. (S)
12.15 AM **Sign Zone: Money for Nothing** A wicker trunk. (S)(R)
1.00 **Sign Zone: Garden Rescue** (S)(R)
1.45 **Sign Zone: Claimed and Shamed**
2.30 **Sign Zone: The Hidden World of Hospitality with Tom Kerridge** (R)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Spanish Adventure** New edition On the Costa Blanca, James meets a fisherman selling Denia shrimp and enjoys sampling a Denton dish in a port restaurant. (S)(AD)
3.00 **Tenable** New edition Warwick Davis hosts as team of five friends take part in the quiz show. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Real Crown

7.30 **Emmerdale** Mack attempts to reassure Moira, but Chloe remains upset, and Manpreet is left in a state of shock. (S)(AD)
8.00 **Coronation Street** The Rovers' staff receive their marching orders, Cassie over-shares with a garage customer, Bernie tips off Aadi about a flat for rent, and Daniel uncovers Ryan's steroid use. (S)(AD)
9.00 NEW SERIES **The Real Crown: Inside the House of Windsor** 1/5. The events that shaped the fortunes of the Royal Family and the history of the United Kingdom through the years of Elizabeth II's reign. (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **On Assignment** New edition Reporter Amanda Walker meets doctors working on a new treatment for addicts of America's deadly fentanyl epidemic. (S)
11.15 **Bear & Jonny Wilkinson's Wild Adventure** 1/2. The ex-rugby union star and Bear Grylls explore Dartmoor's gruelling terrain. (S)(R)
12.10 AM **Made in Britain** (S)(R)(AD)
1.00 **The Chase** Quiz show. (S)(R)
1.55 **Tipping Point** Game show. (S)(R)
2.45 **Loose Women** (S)(R)
3.30 **Tenable** Quiz show. (S)(SL)(R)
4.20 **Unwind with ITV** (S)
5.10 **to 6.00** AM **James Martin's Spanish Adventure** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.05 AM **Countdown** (S)(R)
6.45 **Cheers** 11&12/26. (S5) (S)(R)
7.35 **Everybody Loves Raymond** (S)(R)
8.25 **Frasier** 21-23/24. (S10) (S)(R)
9.55 **Chateau DIY** (S)(R)(AD)
10.55 **George Clarke's Amazing Spaces** An observatory. (S)(R)(AD)
11.55 **News** (S)
12.00 NOON **Steph's Packed Lunch** New edition Magazine. (S)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A property in Spain's Lake Vinuela. (S)(R)
4.00 New edition A couple search for a holiday home on the east coast of Cyprus. (S)
5.00 **A New Life in the Sun** (S)(R)
6.00 **Four in a Bed** New edition The group visit Three Cliffs Bay Holiday Park in Swansea. (S)
6.30 **The Simpsons** (S)(R)(AD)

11.35 Selling Super Houses

7.00 **News** (S)
8.00 NEW SERIES **The Great British Bake Off** Alison Hammond joins Noel Fielding to lead the next batch of 12 bakers through brand new challenges set by Paul Hollywood and Prue Leith, starting with Cake Week. *See feature, page 8.* (S)(AD)
■ *The Great British Bake Off: An Extra Slice* is on Thursday at 8pm
9.30 NEW SERIES **Celebrity SAS: Who Dares Wins** A new group of celebrities, including singer Gareth Gates, ex-health secretary Matt Hancock and former rugby player Gareth Thomas, undergo special forces training. (S)(AD)
10.30 **Gogglebox** The armchair critics share their opinions on what they have been watching on TV during the week. (S)(SL)(R)(AD)
11.35 **Selling Super Houses** New edition 5/6. Property magnate Nick Candy interviews the trainees. (S)(AD)
12.35 AM **Celebrity Gogglebox** (S)(R)
1.30 **Ramsay's 24 Hours to Hell and Back** (S)(SL)(R)(AD)
2.20 **The Simpsons** (S)(R)(AD)
3.10 **Couples Come Dine with Me** (R)
4.05 **Escape to the Chateau** (S)(R)
4.10 **Undercover Boss USA** (S)(R)
5.00 **Tool Club** (S)(R)
5.55 **to 6.05** AM **Find It, Fix It, Flog It**

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **The Invitation** Thriller starring Claire Coffee. (S) (2019, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition A couple from Yorkshire tie the knot in Albir, and wedding planner Louise is in charge of making sure the day goes to plan. (S)
5.00 **News** (S)
6.00 **Susan Calman's Grand Day Out** Susan heads for the Shropshire Hills, and the stunning Ironbridge. (S)(R)
6.55 **News** (S)

8.00 Harvest on the Farm

7.00 **GPs: Behind Closed Doors** New edition Dr Nashat Qamar is visited by pensioner Bill, who is keen to shift an ongoing cough. (S)

7.55 **News** (S)

8.00 NEW SERIES **Harvest on the Farm** 1/4. Helen Skelton and Jules Hudson present live from Barleylands Farm in Essex, following farmers as they bring in the harvest. (S) ■ Continues tomorrow

9.00 **Secrets of Our Universe with Tim Peake** New edition 2/3. Tim goes to the shores of Western Australia and joins thousands of fellow stargazers to see a spectacular solar event, a total solar eclipse. (S)

10.00 **The Girl in the Cellar: 8 Years Underground** Natascha Kampusch tells the story of her abduction as a 10-year-old in Vienna in 1998, and the 3,096 days she spent held captive in a secret basement. (S)(R)

11.55 **Killer at the Crime Scene** The 2002 murder of 87-year-old Gladys Godfrey. (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **999: Motorway Emergency** (R)
3.50 **Britain's Greatest Bridges** (R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.55 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Caught on Dashcam** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **Craig Charles: UFO Conspiracies** (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S7) (S)(R)
1.00 PM **NCIS: Los Angeles** (S)(R)
3.00 **Hawaii Five-0** 7/25. (S9) (S)(R)
4.00 **S.W.A.T.** 4/23. (S2) (S)(R)(AD)
5.00 **The Simpsons** *Diary Queen:* Bart finds his old teacher's diary and learns a secret. (S)(R) **5.30** *Uncut Femmes:* Marge takes part in a jewel heist. (S)(R)
6.00 **The Fresh Prince of Bel Air** 2/24. The Bankses help their former neighbours. (S)(R) **6.30** 3/24. Ashley seeks relationship advice. (S3) (S)(R)

9.00 Ferrari: Race to Immortality

7.00 **The Simpsons** *Burger Kings:* To improve his image, Mr Burns starts selling plant-based burgers. (S)(R) **7.30** *Panic on the Streets of Springfield:* Lisa makes an imaginary friend, and Homer gets a new vehicle. (S)(R)

8.00 **Predators** 5/5. In Zimbabwe, an African wild dog pack find themselves outnumbered by lions and hyenas, and the pups must learn quickly if the pack are to survive. Tom Hardy narrates. (S)(R)(AD)

9.00 **Ferrari: Race to Immortality** Formula One documentary chronicling the early years of the Scuderia Ferrari racing team, founded by the legendary Enzo Ferrari. (S)(R)

10.45 **The Blacklist** *The Nowhere Bride:* 14/22. The Task Force investigates the whereabouts of a missing newlywed, while Red offers his help to a powerful cartel leader. (S10) (S)(R)

11.45 **Road Wars** Officers Rosie and Darren carry out a manhunt through the gardens of an upmarket estate. (S)(R) **12.40** AM Footage of dangerous drivers in action. (S)(R)
1.10 **The Force: Manchester** (S)(R)
2.05 **Stop, Search, Seize** (S)(R)(AD)
3.00 **Hawaii Five-0** 7/25. (S9) (S)(R)
4.00 **S.W.A.T.** 4/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.25pm Junior Doctors: Life on the Wards **11.55** Boot Dreams: Now or Never **12.55am** The Repair Shop **1.55** Weather for the Week Ahead **2.00-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Spotlight **11.10** Juice **12.00m't** Boot Dreams: Now or Never **1.00am** The Repair Shop **2.00-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
12.15-1.00pm Bargain Hunt **7.00** LIVE Match of the Day Wales **9.30-10.00** Would I Lie to You? **10.40** The Following Events Are Based on a Pack of Lies **11.40** Juice **12.30-1.30am** Boot Dreams: Now or Never

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Jailed: Inside Maghaberry Prison

WALES
Sky 968, Freesat 968
3.30pm First Minister's Questions **4.30** Great Canadian Railway Journeys **5.00-6.00** Serengeti II **7.00** The One Show **7.30** EastEnders **8.00-9.00pm** Fake or Fortune?

ITV1

As main ITV1 except:
WALES
10.45pm Face to Face **11.15** On Assignment **11.45pm-12.10am** Wales on TV

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Bwyd Bach Shumana a Catrin **12.30** Heno **1.00** Bwyd Epic Chris **1.30** Cefn Gwlad **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Ironman Cymru 2023 **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cyfres Triathlon Cymru 2023 **6.30** Sgorio **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion S4C a'r Tywydd **9.00** Mike Phillips: Croeso i Dubai **10.00** Pêl-Droed Rhyngwladol **11.00pm-12.50am** Troseddau'r Baltig

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Phoenix Rise** New episodes 3/10. Leila and Rihanna try to skip school without getting caught. **7.30** 4/10. Nathan turns Khaled's birthday into a nightmare. (S2)
7.55 **The Catch Up**
8.00 **Gavin & Stacey** 3&4/8. Double bill of episodes. (S2)
9.00 **Ballers: Ball or Nothing** New editions 3/8. The team face a tough battle to stay in the BBL Cup. **9.30** 4/8. A psychologist explains that the players need each other to succeed.
10.00 FILM **The Lost Boys** Vampire tale starring Jason Patric and Corey Haim. (1987, 15, 98min) ★★★★
11.30 **The Bold Type** New episode 7/10. Kat's actions shock Adena. (S2)
12.15 AM **Ballers: Ball or Nothing** Double bill.
1.15 **Boot Dreams: Now or Never** 6/6. Documentary.
2.15 **Juice** 3&4/6. (S1)
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Life** A look at how reptiles and amphibians conquer their shortcomings.
8.00 **Climbing Great Buildings** Jonathan Foyle scales the Liver Building in Liverpool.
8.30 **Some Mothers Do 'Ave 'Em** Frank makes faux pas as he attends an RAF reunion.
9.00 **Yes, Minister** Hacker sees a chance to further his career.
9.30 **The Thick of It** 8/8. Malcolm Tucker sets his finest trap to date. (S3)
10.00 NEW **Storyville: Tanja – Terrorist or Freedom Fighter?** The story of a Dutch woman who became a member of a Colombian terrorist organisation.
11.25 **Nuremberg: Nazis on Trial** 1/3. The case against Hitler's armaments minister, Albert Speer. **12.25** AM 2/3. The trial of Hermann Goering. **1.20** 3/3. The trial of Hitler's deputy Rudolf Hess.
2.20 AM **Climbing Great Buildings** As 8.00pm.
2.50 **to 3.50** AM **Life**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** With Jenny Eclair.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer meet Nitasha and Nikunj in Staines-upon-Thames.
5.50 **The Secret Life of the Zoo** Asian elephant Thi prepares to give birth.
6.55 **The Dog House** A saluki puppy meets Charlie and Ali.
7.55 **Grand Designs** Kevin McCloud follows the progress of teacher Michele and architect Michael, who want to restore and transform a 100-year-old blacksmiths in Co Antrim.
9.00 **24 Hours in A&E** An 18-year-old is rushed in after suffering a cardiac arrest during a football match, and a 30-year-old suffers a severe ankle injury in a head-on traffic collision.
10.00 **Rescue: Extreme Medics** A German tourist breaks her ankle while walking on a remote hillside.
11.05 **The Emergency Ward**
12.05 AM **24 Hours in A&E**
1.05 **999: On the Front Line**
2.10 **24 Hours in A&E**
3.15 **to 3.45** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Married at First Sight UK**
8.00 **Melissa & Joey**
9.00 **Brooklyn Nine-Nine**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S1&9)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Married at First Sight UK**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** The villagers arrive at the mansion.
8.00 **First Dates Ireland** New edition 11/14. Peter from Clare returns to the restaurant hoping to have better luck this time around.
9.00 **Married at First Sight UK** New edition The remaining newly-weds head off to enjoy luxurious honeymoons.
10.05 **Abbott Elementary** New episodes 9/13. Ava asks Janine to help her teach the after-school step class, but they can't agree on how to run it. **10.35** 10/13. Janine prepares to meet her struggling student's mother at parents' evening. (S1)
11.00 **Naked Attraction**
12.05 AM **First Dates**
1.10 **Married at First Sight UK**
2.10 **Abbott Elementary**
3.00 **Brooklyn Nine-Nine**
3.50 **The Goldbergs**
4.40 **to 6.00** AM **Black-ish**

+1 hour 235/236 | 306 | 30 | 123

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **The Real A&E**
7.00 **Border Patrol**
9.00 **Border Security: America's Front Line** Double bill.
10.00 **Motorway Patrol**
10.30 **Highway Patrol**
11.00 **FBI: Most Wanted** 19/22. The team go after the killer of a man in witness protection. (S3)
12.00 NOON **Bull** 13&14/20. (S4)
2.00 PM **Blue Bloods** 4/21. Danny and Baez investigate a series of robberies. (S13)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

10.00 Blue Bloods

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Homefront:* 5/21. Frank launches an investigation after the Reagan family are harassed. (S13)

9 PM

9.00 **Law & Order: Organized Crime** New episode *A Diplomatic Solution:* 19/22. The team look into an assassination. (S3)

10 PM

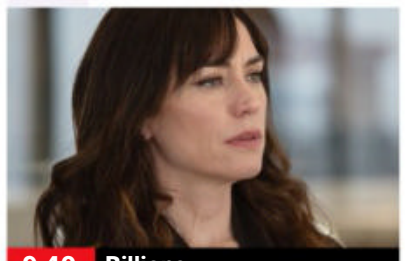
10.00 **Blue Bloods** *Triumph Over Trauma:* 1/16. Frank battles with the city government over police brutality protests. (S11)
11.00 **The Rookie** 8/20. (S1)
12.00 M'T **Coroner** 4/10. (S3)
1.00 AM **Private Eyes** 8/8. (S5)
2.00 **Madam Secretary** 4/10. (S6)
3.00 **Chicago Fire** 20/22. (S10)
4.00 **Border Security: America's Front Line** Double bill.
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Urban Secrets**
7.55 **Six Feet Under** (S1)
10.10 **Ray Donovan** 5&6/12. (S3)
12.15 PM **Game of Thrones** (S5)
1.15 **Quarry** 1&2/8. (S1)
3.45 **Six Feet Under** 11/13. David and Nate attend a conference. **4.50** 12/13. The murder of a gay man has a profound effect on David, while Ruth shares a secret. (S1)
5.55 **Ray Donovan** 7/12. Romero makes contact with Ray. **6.55** 8/12. A past misdeed comes back to haunt Ray. (S3)


9.40 Billions

7.55 **Game of Thrones** *Kill the Boy:* 5/10. Jon enlists the help of an ally, Daenerys makes a difficult decision in Mereen, and Brienne searches for Sansa. (S5)

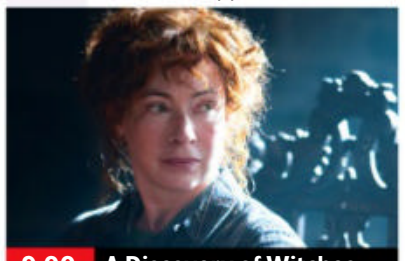
9.00 **The Lovers** 3/6. Seamus' girlfriend whisks him away for the night. (S1)
9.40 **Billions** *DMV:* 7/12. Prince's latest play promises to enhance his political platform. (S7)
10.45 **Tin Star** *Consequences:* 3/9. Johan finds himself thrown into a crisis. (S2)
11.50 **Das Boot** 6/10. (S3)
12.50 AM **Angels in America** (S1)
2.00 **Domina** New episodes 5/8. Livia grows closer to Agrippa. **3.05** 6/8. Gaius makes an unwelcome decision about the succession. (S2)
4.15 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Supergirl** 5/19. (S5)
7.00 **DC's Legends of Tomorrow**
8.00 **The Flash** 7/18. (S7)
9.00 **Stargate SG-1** 9&10/22. (S1)
11.00 **Supergirl** 6/19. (S5)
12.00 NOON **The Flash** 7/18. (S7)
1.00 PM **NCIS: Los Angeles** (S13)
3.00 **Hawaii Five-0** 7/25. (S9)
4.00 **S.W.A.T.** 4/23. (S2)
5.00 **DC's Legends of Tomorrow** 6/15. The team attempt to defeat Genghis Khan. (S5)
6.00 **Stargate SG-1** 11/22. A rescue attempt leaves the team trapped. (S1)


9.00 A Discovery of Witches

7.00 **Stargate SG-1** *Bloodlines:* 12/22. Teal'c returns to Chulak to stop his son being enslaved by the Goa'uld. (S1)

8.00 **A League of Their Own Road Trip: Loch Ness to London** 2/6. The boys take part in a Highland Games challenge.

9.00 **A Discovery of Witches** 4/7. In London, Diana, Phoebe and Sarah struggle to pin down the elusive TJ Weston. (S3)

10.00 **The Blacklist** *The Nowhere Bride:* 14/22. Red offers his help to a powerful cartel leader. (S10)
11.00 FILM **Saw II** Horror thriller sequel with Donnie Wahlberg. (2005, 18, 91min) ★
1.00 AM **Road Wars**
2.00 **Never Mind the Buzzcocks** New edition Music quiz.
2.45 **Road Wars**
3.10 **Hawaii Five-0** 7/25. (S9)
4.05 **S.W.A.T.** 4/23. (S2)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 | 115 | 6 | 113

5.00 AM **Children's Programmes**
9.00 **One Tree Hill** 10/13. (S9)
10.00 **Dawson's Creek** 12/23. (S5)
11.00 **Love Bites**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 15/22. (S2)
3.05 **One Tree Hill** 11/13. (S9)
4.00 **Dawson's Creek** 13/23. Jack gets into a fight with his fraternity brothers. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With Dianne Buswell, Ria Hebden and Neil Morrissey.

6.00 Celebrity Catchphrase

7.00 **Ninja Warrior UK: Race for Glory** Contenders take on the obstacle course as the knockout competition continues.

8.00 **Superstore** 15/21. Garrett tries to con Glenn into giving him time off. **8.30** 16/21. The Zephra app has problems. (S5)

9.00 **The Murder of Alice Ruggles: Social Media Murders** New edition How a young woman was killed by an ex-boyfriend.

10.00 **Family Guy** 18/20. Peter attracts the attention of a powerful figure. **10.30** 12/20. Stewie gets examined. (S16)
11.00 **Family Guy** 13/20. Stewie and Brian investigate murders in Victorian London. (S16)
11.30 **American Dad!** (S12)
12.30 AM **Superstore** (S5)
1.30 **Don't Hate the Playaz**
2.10 **Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Classic Emmerdale**
7.40 **Classic Coronation Street**
8.10 **On the Buses**
9.15 **Where the Heart Is**
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Endeavour** *Quartet:* Morse investigates an assassination attempt at a sporting event.
5.40 **Heartbeat** *Heirs Apparent:* A teenager arrives in the village asking for directions to Ashfordly Hall, and claims to be looking for her father.

3.45 Endeavour

6.45 LIVE **Snooker: British Open** Rishi Persad presents coverage of the evening session on day two from The Centaur at Cheltenham Racecourse, featuring second-round matches. Analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by David Hendon and Phil Yates.

10.30 **Van Der Valk** *Redemption in Amsterdam:* 2/3. An Indonesian ceremonial sword is used as a murder weapon. (S3)
12.35 AM **Where the Heart Is** *As Time Goes By:* The community attend a service for Peggy.
1.35 **On the Buses** *On the Omnibuses:* The company celebrates its half-centenary.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.30 **The Disasters That Shocked Scotland** 1/6. The 1988 Piper Alpha disaster and the 2004 Stockline explosion.
8.00 **Scotland: The New Wild** 2/3. Exploring life in the lowlands.
9.00 **Grand Tours of Scotland's Rivers** Seasoned traveller Paul Murton sets off downstream to explore various rivers in Scotland.
10.00 **Blood of the Clans** 1/3. Drama-documentary in which Neil Oliver recounts the tale of the bloody 17th century Civil War. (S1)
11.00 PM **to 12.00** M'T **The Hunt for Bible John** Part one of two. An exploration of one of Scotland's most notorious unsolved cases.

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Sort Of** 4&5/8. (S1)
9.00 **Entourage** (S7)
10.05 **The Conners** (S5)
11.00 **Mr Mayor** 8/10. (S1)
11.30 **Looking** 3&4/10. (S2)
12.50 PM **House of Lies** (S3)
1.30 **Fresh Prince of Bel Air**
2.25 **Entourage** (S7)
3.30 **The Conners** (S5)
4.30 **Sort Of** 6&7/8. (S1)
5.30 **Mr Mayor** 9/10. (S1)
6.00 **Fresh Prince of Bel Air**
6.55 **Will & Grace** (S7)
8.00 **The Office (US)** (S5)
9.00 **Curb Your Enthusiasm** 4/10. Larry traumatises Sammy Greene. **9.35** 5/10. Larry clashes with David Schwimmer. **10.10** 6/10. Larry obtains marijuana for his father. (S4)
10.45 **Looking: The Movie** Comedy with Jonathan Groff. A man returns to San Francisco for closure.
12.20 AM **Looking** (S2)
2.55 **House of Lies** (S3)
3.30 **to 5.00** AM **Will & Grace**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **The Conductor**
8.00 **Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the Unexpected**
2.00 **Mad Tracey from Margate** Tracey Emin.
3.00 **The Art Mysteries**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **Discovering**
9.30 **Comedy Legends**
10.30 **Music Icons**
11.00 **Discovering**
12.00 M'T **Soundtracks: Songs That Defined History**
1.00 AM **Brian Wilson: Long Promised Road**
3.00 **Beach Boys: Good Vibrations Tour**
4.00 **Film Noir**
5.00 **to 6.00** AM **Inside Art**

Pick

151 | 135 | 36 | 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: Canada's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Merlin** 13/13. (S4)
7.00 **Star Trek: Voyager** (S7)
8.00 **Magnum P.I.** 3/20. (S4)
9.00 **The Rookie** 8/14. (S3)
10.00 **The Killer Within**
11.00 **Snapped**
12.00 M'T **How I Caught the Killer** The murder of a woman in Nottingham.
1.00 AM **Britcam: Emergency on Our Streets**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **Billie and Greg: The Family Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Billie and Greg: The Family Diaries**
2.20 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Potomac** New edition
6.00 **Making It Home**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Emergency Nurses: A&E Stories** New edition
10.00 **My Mum, Your Dad Australia** New edition
11.35 **Botched: Most Outrageous OMG Patients Countdown**
12.00 M'T **The Only Way Is Essex** Reality series.
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 | 170 | 50 | 142

8.00 AM **Diagnosis Murder**
9.00 **Sue Thomas: F.B.Eye**
11.00 **Castle** 17&18/22. (S8)
1.00 PM **Sue Thomas: F.B.Eye** 4&5/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 12-15/16. (S11)
9.00 **Randall and Hopkirk (Deceased)** *Somebody Just Walked Over My Grave:* 17/26. Jeff stumbles across a kidnap plot. (S1)
10.00 **The Persuaders!** *The Man in the Middle:* 14/24. Brett enters the world of espionage, but learns that patriotism has its penalties. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S11)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Castle** 7/10. (S1)
4.50 **to 5.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Great World Cup Goals**
6.10 **Minder**
7.20 **The Professionals**
8.25 **The Saint**
9.30 **The Return of Sherlock Holmes** Crime drama.
10.40 **Magnum, PI**
11.40 **The Motorbike Show**
12.45 PM **LIVE Snooker: British Open** Coverage of the afternoon session on the second day from the Centaur at Cheltenham Racecourse.
5.30 **Made in Britain**
6.00 **World of Sport**

6.15 Football: Nations League

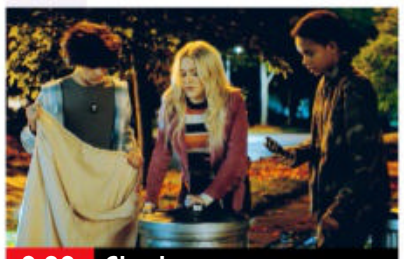
6.15 **LIVE Football: Women's Nations League** Netherlands v England: Coverage of both teams' second match in Group A1 of the inaugural competition at Stadion Galgenwaard in Utrecht. Kick-off is at 7.00.
9.25 **World Superbike Highlights** Action from the 10th round of the campaign at MotorLand Aragon in Spain.
10.20 **Wrestling: AEW Rampage** Hard-hitting action from the world of All Elite Wrestling.
11.35 **2003 Rugby World Cup Final Revisited** A chance to relive English rugby's finest hour, as Clive Woodward's all-conquering team take on Eddie Jones's Australia.
2.05 AM **Auto Mundial**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** (S5)
7.00 **Warehouse 13** (S2)
8.00 **Teleshopping**
11.00 **Fringe** (S2)
12.00 NOON **Star Trek: The Next Generation** (S5&6)
2.00 PM **Merlin** 7/13. (S5)
3.00 **Fringe** 10/22. (S2)
4.00 **Stargate SG-1** 14/22. (S2)
5.00 **Stargate Atlantis** 17/20. (S3)
6.00 **Star Trek: The Next Generation** 26/26. Part one of two. An archaeological discovery suggests Data died in the 19th century. (S5)


9.00 Chucky

7.00 **Star Trek: The Next Generation** *Time's Arrow – Part Two:* 1/26. Picard and an away team go in search of Data. (S6)
8.00 **Star Trek: Voyager** *Nightingale:* 8/26. Kim captains a damaged Kraylor ship. (S7)
9.00 **Chucky** 5/8. Jake and Devon's relationship progresses, while enemies and allies from Chucky's past suddenly reappear.
10.00 **Chucky** 6/8. Jake and his friends set a risky trap for Chucky, with catastrophic consequences in store if their plan backfires. (S1)
11.00 **Westworld** 7/10. Maeve faces a scene from her past, and Bernard meets an old friend. **12.10** AM 8/10. Maeve's life hangs in the balance. (S2)
1.20 **Warehouse 13** 9/13. (S2)
2.15 **Star Trek: Voyager** (S7)
3.10 **Stargate Atlantis** 17/20. (S3)
4.05 **to 6.00** AM **Star Trek: The Next Generation**

+1 hour 241 320 130

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **Miss Fisher's Murder Mysteries** 1/8. (S3)
10.00 **Hudson & Rex** 11/16. (S3)
11.00 **Without a Trace** 24/24. (S2)
12.00 NOON **Frankie Drake Mysteries** 9/10. (S2)
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S15)
4.00 **Miss Fisher's Murder Mysteries** 1/8. (S3)
5.00 **Hudson & Rex** 11/16. (S3)
6.00 **Without a Trace** 24/24. A captain is found dead on his yacht in New York. (S2)

9.00 So Help Me Todd

7.00 **Elementary** *M:* 12/24. Holmes discovers a British criminal has followed him to New York. Guest stars Vinnie Jones. (S1)
8.00 **Death in Paradise** *Flames of Love:* 8/8. A student backpacker is found dead with a gun in her hand. (S5)
9.00 **So Help Me Todd** New episode *Let the Wright One In:* 5/21. Margaret tries to join an elite philanthropy club. (S1)
10.00 **Death in Paradise** *Erupting in Murder:* 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)
11.00 **Person of Interest** 16/22. Caleb Phipps agrees to help Root with the app she is working on. (S4)
12.00 M'T **Elementary** As 7pm.
1.00 AM **Hudson & Rex** 11/16. (S3)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.05 AM **Highlights**
9.00 **Hi-de-Hi!**
9.40 **Porridge**
10.20 **Last of the Summer Wine**
11.40 **Keeping Up Appearances**
12.20 PM **2point4 Children**
1.00 **Dad's Army**
1.40 **Blackadder the Third**
2.20 **Porridge**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.00 **Keeping Up Appearances**
5.40 **Porridge**
6.20 **Blackadder the Third**

5.40 Porridge

7.00 **Blackadder the Third** Edmund tries to find a rich bride for Prince George.
7.40 **Dad's Army** The king's train passes through Walmington-on-Sea. **8.20** The bumbling platoon are forced to spend the night in a spooky deserted house.
9.00 **The Royle Family** Jim and Twiggy strip the dining room wallpaper.
9.40 **Not Going Out** Lee gets jealous when Lucy talks about her first love. **10.20** Lucy's first love reappears on the scene and asks her to star in a play he has written.
11.00 **Live at the Apollo** Jack Whitehall introduces stand-up sets by Josh Widdicombe and Shappi Khorsandi.
12.00 M'T **The Royle Family**
12.35 AM **Not Going Out**
1.55 **Live at the Apollo**
2.55 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Cops on the Rock**
9.00 **Fast Justice**
10.00 **Railroad Australia**
11.00 **Rick Stein's India**
12.00 NOON **Ultimate Movers**
1.00 PM **Storage Hunters UK**
2.00 **Top Gear** Double bill.
4.00 **Red Bull Soapbox Race**
5.00 **Rick Stein's Mediterranean Escapes** A visit to Sardinia.
6.00 **Rick Stein's India** The cuisine found in Kolkata and Chennai.

10.00 Have I Got a Bit More Old...

7 PM
7.00 **Richard Osman's House of Games** With Philip Glenister. **7.40** With Kate Williams, Chizzy Akudolu, Tom Allen and Charlie Higson.
8 PM
8.20 **Would I Lie to You?** With Charles Dance, Stephen Mangan, Isy Suttie and Gok Wan.
9 PM
9.00 **QI XL** Sandi Toksvig, Trevor Noah and Jason Manford join regular panellist Alan Davies and host Stephen Fry.
10 PM
10.00 **Have I Got a Bit More Old News for You** Danny Dyer hosts, with guest panellists Sara Pascoe and Judy Murray.
11.00 **Have I Got a Bit More News for You** Gary Lineker hosts.
12.00 M'T **Mock the Week**
12.40 AM **Alan Davies: As Yet Untitled** With Desiree Burch.
1.40 **Would I Lie to You?**
2.15 **The Island**
3.05 **to 4.00** AM **Sneakerhead**

+1 hour 211 327 57

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
1.30 PM **George Clarke's Amazing Spaces**
2.30 **Chateau DIY**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun** A couple search for a holiday home in Lake Vinuela, southern Spain. **7.00** Fiona and David are searching for a holiday home in Cyprus.
8.00 **Jimmy Doherty's New Zealand Escape** Jimmy stops for some crayfish at the world's first food truck.
9.00 **Top Guns: Inside the RAF** Moz must overcome his nerves.
10.00 **Grand Designs**
11.05 **Great British Bake Off**
12.40 AM **Jamie Cooks the Mediterranean**
1.40 **Jamie's £1 Wonders**
2.45 **Kirstie and Phil's Love It or List It**
3.45 **to 4.50** AM **Grand Designs**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S6)
10.55 **Entertainment News**
11.00 **NCIS** 15/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Good Cop, Bad Cop:* 4/24. A Marine with a link to Ziva is found dead off the coast of Tanzania **7.00** *Code of Conduct:* 5/24. The agents investigate the murder of a prank-loving Marine on Halloween. **8.00** *Outlaws and In-Laws:* 6/24. Gibbs's mentor is linked to a double murder. (S7)
9.00 **Law & Order: Criminal Intent** *The Last Street in Manhattan:* 4/8. A Wall Street CEO is murdered after a night out. (S10)
10.00 **Law & Order: Special Victims Unit** (S4)
12.00 M'T **Blue Bloods** (S1)
3.35 **to 4.00** AM **999: Criminals Caught On Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dirty Home Rescue**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Babies 24/7: The Maternity Ward**
8.00 **GPs: Behind Closed Doors** The victim of a road traffic accident arrives in the surgery.
9.00 **999: Emergency Call Out** New edition
10.00 **A&E After Dark**
11.05 **999: Critical Condition**
12.05 AM **Sleeping with My Murderer** Lakhvir Singh.
1.05 **Killer at the Crime Scene** The hunt for the killer of a 17-year-old.
2.05 **Skin A&E**
2.55 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Outback Truckers**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
11.55 **FILM Springfield Rifle** Western starring Gary Cooper. (1952, U, 92min) ★★★
2.00 PM **FILM California** Western adventure with Ray Milland. (1946, PG, 97min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Ice Cold Catch** New edition Caitlin pushes her body past breaking point to match the others' physicality.
10.00 **World's Deadliest Weather: Caught on Camera** An earthquake in Izmir, Turkey, sets off a terrible chain of events.
11.00 **Police: Night Shift 999**
12.00 M'T **Police Interceptors**
1.00 AM **999: Criminals Caught on Camera**
2.00 **to 3.00** AM **Trucking Hell**

W

132/133 827 125 25 156

6.10 AM **Young Vets**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition Acclaimed chef Clare Smyth tests the contestants with a beef and oyster dish.
8.00 **Ambulance Australia** Paramedics Mat and Patia race to help a woman who has given birth in a car.
9.00 **24 Hours in A&E**
10.00 **999 Rescue Squad**
11.00 **Louis Theroux: Law & Disorder in Johannesburg**
12.20 AM **One Born Every Minute** Documentary.
1.20 **The Hairy Bikers' Northern Exposure**
2.10 **to 3.00** AM **Nigel Slater's Simple Suppers**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **Pie in the Sky**
3.05 **Bergerac**
4.15 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **'Allo 'Allo!**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *Project Aphrodite:* A chemist is killed in a sealed university lab.
10.10 **New Tricks** *Queen and Country:* Sandra reopens an investigation into the apparent suicide of a Foreign Office diplomat.
11.30 **Silent Witness**
1.45 AM **Banished**
3.00 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

TUESDAY Entertainment

Tuesday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Barcelona.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **The Repair Shop**
10.00 **The Yorkshire Auction House** A historic home.
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** Corrugated iron.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
4.00 **Animal Cops Houston**
5.00 **Ambulance**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Say Yes to the Dress with Tan France**
10.00 **90 Day Fiancé** New edition Miona gives Jibri an ultimatum.
12.00 M'T **The Osbournes Want to Believe**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Houston**
5.00 **to 6.00** AM **Money for Nothing**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Catchphrase**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** With guests including Brian Blessed, Bill Oddie, Chris Packham and Anthea Turner.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

8.10 AM **Wild West...**
9.10 **FILM The Nevadan** Western. (1949, U) ★★
10.55 **Wings at War: Fight for Britain**
12.00 NOON **Wild West...**
1.00 PM **FILM The Phantom Stagecoach** Western. (1957, U, 69min) ★★
2.35 **FILM Aces 'N Eights** Western. (2008, 12) ★★
4.20 **Operation Barbarossa**
5.20 **FILM Bomb at 10:10** Drama. (1967, PG) ★★
7.10 **FILM Arctic Apocalypse** Action disaster movie. (2019, PG, 90min) ★
9.00 **FILM Hamburger Hill** War drama. (1987, 18, 108min) ★★★★
11.20 **FILM The Detonator** Thriller. (2006, 15) ★★
1.10 AM **FILM Unstoppable** Thriller. (2004, 15) ★★
3.00 **War in the Pacific**
4.00 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM **FILM Deadly Hope** Thriller. (2012, PG) ★★
11.00 **FILM Nightmare Nanny** Thriller. (2013, PG) ★
1.00 PM **FILM Fatal Defense** Thriller. (2017, 12) ★★
3.00 **FILM Aurora Teagarden Mysteries: Heist and Seek** Drama. (2020, PG, 84min) ★★
4.55 **FILM Upside Down** Fantasy. (2012, 12) ★★
7.05 **FILM The Covenant** Thriller. (2006, 12) ★
9.00 **FILM Legion** Action fantasy thriller. (2010, 15, 100min) ★★★
11.05 **FILM The Forgotten** Sci-fi thriller. (2004, 12, 91min) ★★★★
12.55 AM **FILM New York, I Love You** Ensemble romantic drama. (2009, 15, 103min) ★★★
3.00 **Wild West Chronicles**
4.00 **to 6.00** AM **FILM Missing Daughter** Thriller. (2017, 12) ★★

+1 hour 322 61

GREAT! christmas
319 424 52 303

8.00 AM **FILM Eve's Christmas** (2004) ★★
10.00 **FILM Hats Off to Christmas!** Drama. (2013, PG, 85min) ★★
12.00 NOON **FILM My Christmas Dream** Drama. (2016, PG) ★★
2.00 PM **FILM Christmas Apprentice** Comedy. (2016, PG, 90min) ★★
4.00 **FILM Welcome to Christmas** Drama. (2018, PG, 91min) ★★
6.00 **FILM Married by Christmas** Comedy. (2016, PG, 90min) ★
8.00 **FILM A Snow White Christmas** Drama. (2018, PG, 70min) ★
10.00 **FILM Trading Christmas** Drama. (2011, U) ★★
12.00 M'T **FILM Love Strikes Twice** (2017, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Home by Christmas** Drama. (2006, PG) ★★

+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 14/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **Star Trek: DS9** (S3)
11.00 **FILM Bride of Frankenstein** Horror sequel. (1935, b/w, PG, 72min) ★★★★★
12.30 PM **The Twilight Zone**
1.00 **FILM D.O.A. (Dead on Arrival)** Thriller. (1950, b/w, PG, 80min) ★★
3.00 **FILM End of the World** Thriller. (2018, PG) ★★
5.00 **Star Trek** 26/26. (S2)
6.00 **Star Trek: DS9** (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM The Killers** Thriller. (1964, 18, 95min) ★★★
10.55 **FILM Dr Terror's House of Horrors** Compendium. (1964, PG) ★★★
12.50 AM **FILM Curse of the Crimson Altar** Horror. (1968, 15, 87min) ★★
2.35 **to 4.20** AM **FILM Jackals** Horror thriller. (2017, 15, 85min) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **Alaskan Bush People**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.30 **Salvage Dawgs**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Aussie Gold Hunters**
9.00 **Gold Divers**
10.00 **Gem Hunters Down Under** New edition
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Barefoot Contessa**
9.00 **The Kitchen** New edition
10.00 **Paul Hollywood's Bread**
11.00 **Provence Masterclass**
12.00 NOON **Great British...**
2.00 PM **James Martin's...**
3.00 **The Hairy Bikers' Food...**
4.00 **Barefoot Contessa**
5.00 **The Pioneer Woman**
6.00 **James Martin's Favourite Feasts**
7.00 **Great British Bake Off**
8.00 **Provence Masterclass**
9.00 **Gok Wan's Easy Asian**
10.00 **The Hairy Bikers' Food Tour of Britain**
11.00 **Diners, Drive-Ins and Dives: Triple D Nation** New editions Double bill.
12.00 M'T **Guy's Grocery Games** A barbecue dish.
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Cheap Eats** New editions

+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S5)
11.00 **Home Improvement**
1.00 PM **Last Man Standing**
2.00 **Friends** (S2)
7.00 **Friends** 19/24. Rachel's sister Amy joins the gang for Thanksgiving. **7.30** 20/24. Ross plans his future with Rachel. **8.00** 21/24. Chandler and Ross face two bullies. **8.30** 22/24. The pals plan a surprise birthday party for Rachel. (S2)
9.00 **FILM American Pie 2** Comedy sequel. (2001, 15, 106min) ★★★
11.00 **Amy Schumer: Comedy Central Live**
11.30 **Kristen Schaal: Comedy Central Live**
12.00 M'T **Your Face or Mine**
1.00 AM **South Park**
3.00 **Key & Peele**
3.25 **Michael McIntyre's Big Show** With Rob Beckett.
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Guessable?**
10.00 **Takeshi's Castle**
11.00 **Friends** (S2)
1.00 PM **Impractical Jokers: Inside Jokes**
3.00 **The Middle** (S4)
5.00 **Last Man Standing**
7.00 **Home Improvement**
9.00 **Friends** 21/24. Ross's monkey hits puberty. **9.30** 22/24. Monica starts dating a high-school senior. (S1)
10.00 **John Mulaney: New in Town** A stand-up performance by the comedian and actor.
11.00 **Reno 911!** (S4)
2.00 AM **Frank Skinner: Man in a Suit** From London's Leicester Square Theatre.
3.00 **Tracy Morgan: Bona Fide** Stand-up show.
3.45 **Fugget About It** (S3)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
7.45 **Weird or What? with William Shatner**
8.40 **Ancient Aliens**
10.40 **Curse of Oak Island**
11.40 **River Hunters**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Weird or What? with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Monsterquest** A half-bird, half-horse creature.
10.00 **Swamp People: Serpent Invasion**
11.00 **The Proof Is Out There**
12.00 M'T **Curse of Oak Island**
1.00 AM **Weird or What? With William Shatner**
2.00 **Auction Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Counting Cars**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Cash in the Attic**
10.00 **GPs: Behind Closed Doors** Documentary.
11.00 **The Yorkshire Vet**
1.00 PM **World's Most Scenic Railway Journeys**
2.00 **The Yorkshire Vet**
4.00 **The Highland Vet**
5.00 **Ben Fogle: New Lives in the Wild** In Sweden.
6.00 **World's Most Scenic Railway Journeys**
7.00 **Tony Robinson's History of Britain**
8.00 **Jay Blades' East End Through Time** Life during World War Two.
9.00 **Ben Fogle and the Buried City** Ben explores the abandoned capital of the island of Montserrat.
10.30 **Inferno at Sea: The Deepwater Disaster** The events surrounding the oil spill in the Gulf of Mexico in April 2010.
12.00 M'T **Forged in Fire**
1.00 **to 3.00** AM **World War II in Colour**

HGTV
158 191 44 166

7.00 AM **Renovation Island**
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Renovation Island**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Hotel Inspector**
9.00 **Down Home Fab** New edition An old home needs a modern kitchen.
10.00 **Luxe for Less** New edition Creating two large kitchen islands.
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **Renovation Island**
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **A Stranger in My Home**
12.00 NOON **The Real Prime Suspect** As 6.00pm.
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** A professor helps detectives with a case. **3.30** A series of robberies in Florida leads to murder. **4.00** Detectives question dated forensic techniques used to secure an arrest. **4.30** Police link two cases of alleged murder.
5.00 **A Stranger in My Home**
6.00 **The Real Prime Suspect** Examining the case of Alun Kyte.
7.00 **Judge Judy**
1.00 AM **A Stranger in My Home** Documentary.
2.00 **The Real Prime Suspect** As 6.00pm.
3.00 **Fatal Vows**
4.50 **Medical Detectives**
5.40 **to 6.00** AM **Judge Judy**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin** Documentary.
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **Say Yes to the Dress**
8.00 **The Bad Skin Clinic** An 80-year-old man is desperate to get rid of a huge lump caused by a camel bite.
9.00 **Dr Pimple Popper**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Flip or Flop**

+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM **FILM Descent** Thriller. (2005, PG) ★★
10.00 **Farscape** 6/22. (S3)
11.00 **FILM 3 Headed Shark Attack** Action thriller. (2015, 18, 89min) ★★
1.00 PM **FILM Monster Hunters** Sci-fi thriller. (2020, 15, 88min) ★
3.00 **Farscape** 6/22. (S3)
4.00 **The Prisoner** 4/17. (S1)
5.00 **FILM Earth's Final Hours** Sci-fi thriller. (2011, 12, 84min) ★★
7.00 **Farscape** 7/22. (S3)
8.00 **The Prisoner** *The Schizoid Man:* 5/17. Number Six doubts his sense of identity. (S1)
9.00 **FILM Lifechanger** Horror thriller starring Lora Burke. (2018, 15, 84min) ★★★
10.45 **FILM Cold Skin** Fantasy horror. (2017, 15, 108min) ★★★
1.00 **to 3.00** AM **FILM Lifechanger** As 9.00pm.

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Air Ambulance ER**
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 NOON **Highway Patrol**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted**
4.00 **Quantum Leap** (S1)
6.00 **DC's Legends of Tomorrow** *The Legion of Doom:* 10/17. The team try to rescue Rip. **7.00** *Turncoat:* 11/17. The team protect George Washington. (S2)
8.00 **Highway Patrol**
9.00 **The Force: Manchester**
10.00 **Russell Howard Hour**
11.00 **Warrior** 4/10. (S3)
12.00 M'T **Brit Cops**
1.00 AM **Air Ambulance ER**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Wags: LA**
8.00 **Keeping Up with the Kardashians**
10.00 **Famously Single**
11.00 **Big Rich Texas**
12.00 NOON **Botched**
1.00 PM **Revenge Body with Khloe Kardashian**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Paul Nassif fixes an ex-boxer's nose. **8.00** Terry Dubrow tries to pump up a 'pec-less' body builder.
9.00 **Keeping Up with the Kardashians** Scott feels under pressure to make sure both Kourtney and Sofia are happy. **10.00** Kim prepares for the arrival of her fourth baby.
11.00 **Big Rich Texas**
12.00 M'T **Dr 90210**
1.00 AM **Wags: LA**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **Salvage Hunters**
1.00 PM **Deadliest Catch**
3.00 **Alaskan Bush People**
4.00 **Tut's Buried Secrets**
5.00 **Wheeler Dealers** Mike works on a Volvo PV544, a classic endurance sports car.
6.00 **Salvage Hunters** Drew seeks items in Norfolk and Hereford.

8.00 Gold Rush

7.00 **Wheeler Dealers** Part two of two. Mike and Ant complete one of their biggest builds ever.

8.00 **NEW SERIES Gold Rush** Parker gambles on new ground in Alaska and passes 50,000 ounces. The Beets family chase a record gold total, and Fred Lewis fights for his mining career.

10.00 **Hoffman Family Gold** New edition With one week left in the mining season, the Hoffmans scramble to hit their goal.
11.00 **Expedition X** An investigation to uncover alleged paranormal activity at Lake Superior.
12.00 M'T **How the Universe Works** NASA's plans to have manned missions to Mars by 2035.
1.00 AM **Gold Rush** As 8.00pm.
3.00 **to 5.00** AM **Deadliest Catch** New edition

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **How Do Animals Do That?**
2.00 **My Tiny Terror** Double bill.
4.00 **My Cat from Hell**
5.00 **Lone Star Law** Wardens Herchman and Stapleton join forces to find a man who faked his own death.
6.00 **Tanked** The Mob Museum makes Brett and Wayde an offer they cannot refuse.

10.00 Edge of Alaska

7.00 **Pit Bulls & Parolees** Tia rescues a dog that was hit by a car, while Tania and Lizzy help a family adopt their first dog.

8.00 **The Zoo** Red river hogs are paired for breeding, and Jaffa the penguin undergoes eye surgery.

9.00 **The Zoo** Clyde and Tacoma the sea lions trade places to meet a new set of girlfriends.

10.00 **Edge of Alaska** Jeremy battles against rising river levels, while Neil takes a gamble on excavating a brand new entrance.
11.00 **Living Dinosaur of Liberia: Expedition Mungo**
12.00 M'T **Namibia's Dog-Headed Pig Monster: Expedition Mungo** A creature in Namibia.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Mega Volcano: Drain the Oceans**
11.00 **Lost Treasures of Egypt**
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Nazi Megastructures**
4.00 **Ice Road Rescue**
5.00 **Car S.O.S** Tim and Fuzz rescue a 1973 Dennis fire engine.
6.00 **Seconds from Disaster** A deadly attempt to descend from Mount Everest in 1996.

8.00 Hitler's Last Stand

7.00 **Air Crash Investigation** A helicopter that crashed into the ocean off the coast of Newfoundland.

8.00 **Hitler's Last Stand** Five months after D-Day, the ground war finally arrives on German soil as British soldiers attack.

9.00 **Hitler's Last Stand** With German soldiers trapped, a small Canadian tank squadron try to close off the escape route.

10.00 **WW2: Hell Under the Sea** Werner Henke and his crew face one of their toughest tests.
11.00 **Air Crash Investigation**
12.00 M'T **Banged Up Abroad**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Bid & Destroy**
2.55 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Forged in Fire**
8.00 **Storage Wars Canada**
9.00 **Pawn Stars**
10.00 **Craig Charles: UFO Conspiracies**
11.00 **Shipwrecks: When History Resurfaces** Double bill.
1.00 PM **Storage Wars Canada**
2.00 **Ultimate Mysteries**
4.00 **Britain's Most Historic Towns**
5.00 **Pawn Stars** A piece of Kurt Cobain memorabilia.
6.00 **American Pickers** Robbie finds a time-travel bike.

10.00 Truth & Lies

7.00 **Forged in Fire** Four smiths are given a small sliver of high carbon steel and a whole lot of mild steel to forge a knife.

8.00 **What on Earth?** New edition Exploring an electric blue mountain, the gateway to Hell and the railroad of death.

9.00 **History's Greatest Mysteries** New edition The search for El Dorado, a legendary ancient city overflowing with gold.

10.00 **NEW SERIES Truth & Lies** How influential and powerful people attempt to spread their own truth by any means.
11.00 **Paranormal Survivor** Activity in Evelyn Martin's home.
12.00 M'T **Pawn Stars**
1.00 AM **Storage Wars Canada**
2.00 **Curse of Skinwalker Ranch**
3.00 **What on Earth?** As 8.00pm.
4.00 **Forged in Fire** As 7.00pm.
5.00 **to 6.00** AM **Britain's Most Historic Towns**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Sounds of the Seventies**
7.15 **Impossible Engineering**
8.00 **Abandoned Engineering**
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Great Indian Railway Journeys** A trip to Shimla.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **World War Weird**
5.00 **VE Day: Countdown to Peace**
6.00 **Great British Railway Journeys** A railway journey along England's south coast. **6.30** A journey to Worthing.

8.00 Joanna Lumley's Japan

7.00 **Antiques Roadshow** The team visit to Helmingham Hall, where finds include a document signed by Elizabeth I. **7 PM**

8.00 **Joanna Lumley's Japan** Joanna heads to Shikoku in the hope of gaining a better understanding of Japanese Buddhism. **8 PM**

9.00 **The Architecture the Railways Built** Tim Dunn explores the disused Tube station Down Street in Mayfair. **9 PM**

10.00 **Bangers & Cash** A classic car fan with a love of the Jaguar E-Type reluctantly sends his dream car to auction. **10 PM**
11.00 **Abandoned Engineering** Exploring Oradour-sur-Glane, a town drenched in infamy.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Great British Landmark Fixers** Edinburgh North Bridge.
2.00 **to 3.00** AM **Sounds of the Seventies**

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Fantomworks**
12.00 NOON **Love Your Garden**
1.00 PM **Money for Nothing**
2.00 **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A 1930s kitchen cabinet gets a transformation.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters** Drew tours Catalonia looking for some chic Spanish antiques.
9.00 **The Yorkshire Auction House**
10.00 **Shed and Buried**
11.00 **How Do They Do It?**
12.00 M'T **British Speedway**
1.00 AM **Ambulance**
2.00 **Fantomworks**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **FBI Files**
11.00 **Forensic Detectives**
12.00 NOON **Evil Online**
1.00 PM **Reasonable Doubt**
2.00 **Disappeared**
3.00 **Murder on CCTV**
4.00 **Diabolical: Deadly Love**
5.00 **Say Yes to the Dress: UK**
6.00 **Say Yes to the Dress**
7.00 **Long Lost Family**
8.00 **The Killer in My Family**
9.00 **Murder on CCTV** Surveillance footage may uncover the truth behind a disappearance.
10.00 **Shattered** The case of missing student Walter Ackerson.
11.00 **Evil Talks: Chilling Confessions** Claims that a woman's suicide was murder.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A trail of stolen goods helps solve the murder of a 12-year-old girl shot dead in her home after a string of burglaries. **7.30** The murderer of a girl is brought to justice 24 years after committing the crime.
8.00 **48 Hours** After his fiancée is found dead, a man researches time travel to correct a horrible mistake.
9.00 **Real Detective** Evidence from a convict proves crucial to catching a serial killer in Illinois.
10.00 **Bloodline Detectives** New edition Exploring the murder of 25-year-old Naval recruit Pamela Cahanes.
11.00 **Inside Crime**
12.00 M'T **Fatal Vows**
1.00 AM **Real Detective**
2.00 **Bloodline Detectives**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Border Security: Canada's Front Line** Double bill.
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Murdered at First Sight**
2.00 **The Real Manhunter**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **When Life Means Life**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Murderer & Me** The story of Steve Wright, who became dubbed the 'Suffolk Stranger'.
10.30 **World's Most Evil Killers** The story of killer Gary Ray Bowles.
11.30 **Killer in My Village**
12.30 AM **The Real Manhunter**
1.30 **Killer Siblings**
2.30 **When Life Means Life**
3.30 **Road Wars** Double bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **The War** As 6.30pm.
9.35 **Auschwitz in 33 Objects**
10.40 **Inside Japan's War**
11.50 **The World's Biggest Bomb**
1.00 PM **Mutant Weather**
2.00 **The War** As 6.30pm.
3.05 **Auschwitz in 33 Objects**
4.15 **Inside Japan's War**
5.20 **The World's Biggest Bomb**
6.30 **The War** Hitler takes a gamble as Nazi forces fight the war on two different fronts.
7.35 **Auschwitz in 33 Objects** The stories of some of the victims of the Holocaust through personal items taken from them in Auschwitz Birkenau Concentration Camp.
8.40 **Inside Japan's War** How Japan secured victory in Malaya and the fall of Singapore.
9.50 **The World's Biggest Bomb** The story of the race to build the world's biggest bomb.
10.55 **Auschwitz in 33 Objects**
12.00 M'T **Inside Japan's War**
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

TUESDAY

Tuesday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Harrow: A Very British School** Documentary.
7.00 **Discovering: Michael Keaton**
8.00 **The Directors**
9.00 **Rolling Stone: Stories from the Edge**
10.00 **The Movies**
10.50 **Allen v. Farrow**
12.00 NOON FILM **Next Goal Wins** Football documentary. (2014, 15, 95min) ★★★★
2.00 PM **Transhood** Documentary.
4.00 **The Directors**
5.00 **Discovering: Michael Keaton**
6.00 **Rolling Stone: Stories from the Edge**
7.00 **The Movies**
7.50 **Allen v. Farrow**
9.00 **Otto Baxter: Not a F***ing Horror Story** Following a movie director with Down's syndrome.
10.45 **The Puppet Asylum**
11.30 **Sergio Leone: The Italian Who Invented America**
1.30 AM **Django & Django**
3.00 **Against the Tides**
4.50 **My Icon: Kadeena Cox**
5.00 **to 6.00** AM **Discovering: Michael Keaton**

Sky Nature

124/125 822 189 354 369

6.00 AM **Dogs with Extraordinary Jobs** Documentary.
7.00 **Monkey Life**
8.00 **Chasing the Rains**
9.00 **Africa's Underwater Wonders**
10.00 **Wild Tales from the Farm**
11.00 **Wildlife ER**
12.00 NOON **Africa's Hidden Kingdoms** Documentary.
1.00 PM **Monkey Life**
2.00 **Chasing the Rains**
3.00 **Africa's Underwater Wonders**
4.00 **Wild Tales from the Farm**
5.00 **Wildlife ER**
6.00 **Africa's Hidden Kingdoms**
7.00 **Monkey Life** Double bill.
8.00 **Uptown Otters** Anna and her clan are back in Marina Bay.
9.00 **Wild Birds of Australia**
10.00 **Africa's Hidden Kingdoms**
11.00 **Wildlife ER**
12.00 M'T **Brazil Untamed**
1.00 AM **Wildlife ER**
2.00 **Uptown Otters** As 8.00pm.
3.00 **Wild Birds of Australia**
4.00 **Chasing the Rains**
5.00 **to 6.00** AM **Africa's Underwater Wonders**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Brad Meltzer's Decoded**
9.00 **Craig Charles: UFO Conspiracies**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **WW2 Treasure Hunters**
2.00 **Battle 360**
4.00 **SOS: Stories of Survival**
5.00 **Shadow Force**
6.00 **Colosseum**
7.00 **What on Earth?**
8.00 **The Jack King Affair**
9.00 **Curse of the Lost Amazon Gold** The team members reunite to discuss their findings.
10.00 **Hitler's Secret Sex Life** Rumours, theories and disputed historical accounts of Adolf Hitler's sexual psychology.
11.00 **Paranormal: Caught on Camera** A man explores a haunted prison.
12.00 M'T **Ancient Aliens**
2.00 AM **The UnXplained with William Shatner**
3.00 **Human Weapon**
4.00 **WW2 Treasure Hunters**
5.00 **to 6.00** AM **Battle 360**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Homicide: Hours to Kill**
10.00 **Killer in Plain Sight**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **#Textmewhenyougethome**
2.00 **Imperfect Murder**
3.00 **Green Eyed Killers**
4.00 **Killer Britain with Dermot Murnaghan**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Homicide: Hours to Kill**
9.00 **The Real Murders of Orange County** New edition
10.00 **The Preppy Murder: Death in Central Park**
11.00 **Homicide Hunter**
12.00 M'T **Cruise Ship Killers**
1.00 AM **The Real Murders of Orange County**
2.00 **Killer Britain with Dermot...**
3.00 **#Textmewhenyougethome**
4.00 **Homicide: Hours to Kill**
5.00 **to 6.00** AM **Fear Thy Neighbour**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Savage Island Giants**
10.00 **World's Deadliest**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Wild Indonesia**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Wicked Tuna: Outer Banks Showdown**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Yukon Vet: Family Affair**
9.00 **Cesar Millan: Better Human Better Dog** New edition Cesar helps a family whose anxious behaviour is upsetting their dog.
10.00 **Critter Fixers: Country Vets** New edition A red fox has a tumour, while a grey fox may have a broken leg.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Wicked Tuna: Outer Banks Showdown**
2.00 **Wild Yellowstone**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **Unsolved History**
8.00 **Ultimate Warfare**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: The Restorers**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **Unsolved History**
3.00 **Blowing Up History**
4.00 **Mysteries at the Museum**
5.00 **Ultimate Warfare**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: The Restorers**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Shipwreck Secrets**
3.00 PM **Shipwreck Secrets** The discovery of a wreck off the coast of Florida sends a team of explorers on a mission to discover the identity of a ship that simply shouldn't exist.
4.00 The ship that has become synonymous with one of the ocean's greatest mysteries – the Bermuda Triangle.
5.00 Divers investigate the wreck of the *SS Justicia*, sunk in World War One by U-Boats off the coast of Ireland.
6.00 A marine biologist and diver search Chuuk Lagoon for a wreck discovered by sonar.
7.00 A 19th-century schooner that could help shed light on the founding of Ohio.
8.00 Beneath the North Sea lie relics of the Battle of Jutland. It took place during World War One and an overconfident Royal Navy expected it to be easy.
9.00 **Shipwreck Secrets**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Murder Comes to Town**
6.00 **Forensic Detectives**
7.00 **People Magazine Investigates** The disappearance of a college student in 1992.
8.00 **True Conviction** A case in which a nurse disappeared and the ensuing investigation unearthed shocking revelations.
9.00 **A Killer's Mistake** The story of how police closed the net on rogue cop Kent McGowen.
10.00 **Evil Lives Here**
12.00 M'T **True Conviction**
1.00 AM **Betrayed**
2.00 **Evil Lives Here**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Extreme RVs**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Vintage Voltage**
5.00 **Junkyard Empire**
6.00 **Fantomworks** The team take on a 1963 Chevrolet Corvette and a 1931 Model A Ford hot rod.
7.00 **Wheeler Dealers** Mike Brewer and Ant Anstead work on a 1965 Dodge Coronet 500.
8.00 **Vintage Voltage**
9.00 **Extreme RVs**
10.00 **Shipwreck Men**
11.00 **Mega Shippers**
12.00 M'T **Vintage Voltage**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **Cinema List: Sky Originals**
6.55 **Accident Man: Hitman's Holiday** Crime comedy sequel. (2022, 15, 96min) ★★
8.40 **Marcel the Shell with...**
10.25 **Knock at the Cabin** As 8pm.
12.20 PM **80 for Brady** As 6.05pm.
2.15 **Wifelike** As shown at 4.10am.
4.15 **Marcel the Shell with Shoes On** Animated family comedy. (2021, PG, 90min) ★★★★
6.05 **80 for Brady** Comedy. (2022, 12, 98min) ★★★

8.00 Knock at the Cabin

8.00 **Knock at the Cabin** M Night Shyamalan's horror with Dave Bautista. A girl and her parents are taken hostage while on holiday and are given an impossible choice to avert the apocalypse. (2022, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **God Is a Bullet** Crime thriller starring Nikolaj Coster-Waldau. A former detective infiltrates the cult that murdered his ex-wife and kidnapped his daughter with the help of its only escapee. With Maika Monroe. (2023, 18, 156min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Scream VI** Horror sequel. (2023, 18, 122min) ★★★
2.15 **Spin Me Round** Comedy. (2022, 18, 104min) ★★
4.10 **to 6.00** AM **Wifelike** Thriller. (2022, 15, 101min) ★★★

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.00 AM **Six Minutes to Midnight**
7.55 **Big Gold Brick** As 1.45am.
10.20 **Marlowe** As 11.45pm.
12.20 PM **Belfast** Kenneth Branagh's drama starring Jamie Dornan. (2021, 12, 98min) ★★★★
2.10 **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★
3.55 **Don't Worry Darling** Thriller. (2022, 15, 123min) ★★★
6.10 **Letters to Juliet** Romantic comedy with Amanda Seyfried. (2010, PG, 105min) ★

10.05 Bad Neighbours 2

8.00 **Twilight** Supernatural romance thriller starring Kristen Stewart and Robert Pattinson. A teenage girl discovers that the boy she is falling in love with has a centuries-old secret that could threaten her life. (2008, 12, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Bad Neighbours 2** Comedy sequel with Seth Rogen and Rose Byrne. (2016, 15, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Marlowe** Crime thriller starring Liam Neeson. In 1930s LA, private detective Philip Marlowe is hired to find the ex-lover of a glamorous heiress. (2022, 15, 110min) ★★
1.45 AM **Big Gold Brick** Comedy drama starring Emory Cohen. (2022, 15, 140min) ★★★
4.05 **to 6.00** AM **Six Minutes to Midnight** Thriller starring Judi Dench and Eddie Izzard. (2020, 12, 99min) ★★★

Sky Cinema Drama

310 310 410 510 524

8.00 AM **Control** Music biopic. (2007, b/w, 15, 116min) ★★★★★
10.05 **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★
11.55 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
2.05 PM **The Fifth Estate** Thriller. (2013, 15, 125min) ★★★
4.15 **The Young Victoria** Historical drama starring Emily Blunt. (2008, PG, 100min) ★★★★
6.05 **Footloose** Teen dance drama remake starring Kenny Wormald. (2011, 12, 113min) ★★★
8.00 **Call Me By Your Name** Drama with Armie Hammer, Timothee Chalamet and Michael Stuhlbarg. (2017, 15, 136min) ★★★★★
10.15 **Manchester by the Sea** Drama starring Casey Affleck, Michelle Williams and Kyle Chandler. (2016, 15, 134min) ★★★★★
12.35 AM **Fear and Loathing in Aspen** Drama with Jay Bulger. (2020, 15, 85min) ★★★★
2.00 **Safe Haven** Romantic thriller. (2013, 12, 113min) ★★★
4.10 **It Is in Us All** Drama starring Cosmo Jarvis and Rhys Mannion. (2022, 15, 92min) ★★★★
5.45 **to 7.25** AM **Staying Alive** Dance sequel to *Saturday Night Fever*. (1983, PG, 96min) ★

Sky Cinema Dystopia

311 311 411 511 525

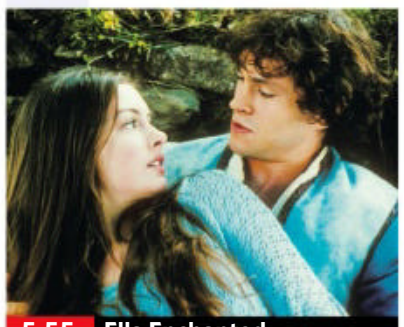
6.20 AM **Stealth** As 3.35am.
8.25 **The Colony** As 1.50am.
10.25 **Cabin Fever** Horror thriller. (2002, 15, 94min) ★★
12.10 PM **Back to the Future** Time-travel comedy fantasy. (1985, PG, 115min) ★★★★★
2.10 **Snowpiercer** Fantasy thriller. (2013, 15, 126min) ★★★★
4.20 **Firestarter** Horror thriller. (2022, 15, 94min) ★★★
6.00 **Back to the Future Part II** Time-travel comedy adventure sequel starring Michael J Fox and Christopher Lloyd. (1989, PG, 107min) ★★★
8.00 **Elysium** Sci-fi action thriller starring Matt Damon. In 2154, a fatally-ill factory worker has five days to reach the orbiting space station that is home to the rich. (2013, 15, 107min) ★★★★
10.00 **Crimes of the Future** Sci-fi horror with Viggo Mortensen. (2022, 18, 107min) ★★★
11.55 **Species** Sci-fi horror thriller. (1995, 18, 108min) ★★★
1.50 AM **The Colony** Sci-fi thriller. (2021, 15, 104min) ★★★
3.35 **Stealth** Action thriller. (2005, 12, 121min) ★★
5.40 **to 6.40** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

7.40 AM **Agent Cody Banks**
9.25 **Robo-Dog** As 9.15pm.
11.00 **The Karate Kid: Part III** Adventure. (1989, PG) ★
12.55 PM **Nancy Drew and the Hidden Staircase** Drama. (2019, PG, 89min) ★★★
2.30 **Stuart Little** Adventure. (1999, U, 84min) ★★★★★
4.00 **Lyle, Lyle, Crocodile** Musical. (2022, PG, 106min) ★★★
5.55 **Ella Enchanted** Comic fantasy. (2004, PG, 96min) ★★★


5.55 Ella Enchanted

7.45 **Stuart Little 2** Fantasy adventure sequel with the voices of Michael J Fox and Melanie Griffith. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Robo-Dog** Family sci-fi adventure starring Michael Campion and Olivia d'Abo. An inventor replaces his son's dead dog with a mechanical version, equipped with all kinds of gadgets. (2015, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Bratz** Teen comedy with Nathalia Ramos, Janel Parrish, Logan Browning and Skyler Shaye. (2007, PG, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
2.30 **Agent Cody Banks** Comedy. (2003, 12, 102min) ★★
4.15 **to 6.15** AM **The Horse Dancer** Family drama. (2017, PG, 114min) ★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **SAS: Red Notice** Thriller. (2021, 15, 90min) ★★★
8.35 **Batman Forever** Fantasy. (1995, 12, 121min) ★★★
10.50 **San Andreas** Disaster movie. (2015, 12, 114min) ★★★
12.50 PM **The Bourne Legacy** Spy thriller starring Jeremy Renner. (2012, 12, 129min) ★★★
3.10 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
5.10 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★

10.30 Black Adam

8.00 **Spider-Man: No Way Home** Comic-book adventure sequel starring Tom Holland. Peter Parker asks Doctor Strange for help to change the past, but his spell goes wrong and foes from other worlds appear. With Zendaya, Benedict Cumberbatch and Willem Dafoe. (2021, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

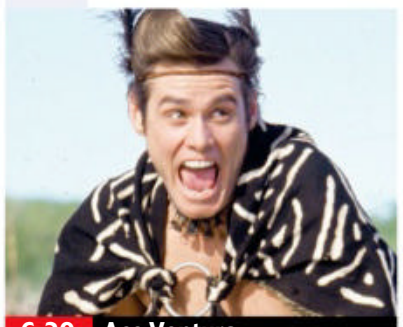
10.30 **Black Adam** Fantasy adventure starring Dwayne Johnson. (2022, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Shaolin Soccer** Hong Kong sports comedy. Subtitled. (2001, 12, 113min) ★★★
2.25 **The Raid** Action thriller. (2011, 18, 101min) ★★★★
4.20 **to 6.20** AM **Riders of Justice** Danish action comedy starring Mads Mikkelsen. Subtitled. (2021, 15, 116min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Mr Malcolm's List** (2022)
8.55 **The Comeback Trail** (2020)
10.45 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
12.20 PM **The Boss** (2015, 15) ★★★
2.05 **Trainwreck** Comedy drama. (2015, 15, 124min) ★★★
4.15 **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15, 108min) ★★★
6.20 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★


6.20 Ace Ventura...

8.00 **Dad's Army** Comedy starring Toby Jones and Bill Nighy. The captain of a seaside town's home guard platoon contends with German spies and a glamorous journalist. (2016, PG, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Dictator** Comedy with Sacha Baron Cohen. A deposed North African ruler finds refuge with the manager of a New York health-food store. (2012, 15, 83min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Comeback Trail** Crime comedy with Robert De Niro. (2020, 12, 104min) ★★★
1.05 AM **Mr Malcolm's List** Comedy drama starring Freida Pinto. (2022, PG, 117min) ★★★
3.05 **The Paper Tigers** Action comedy starring Alain Uy. (2020, 12, 108min) ★★★
5.00 **to 6.30** AM **How to Deter a Robber** Crime comedy starring Vanessa Marano. (2021, 15, 85min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Cinema List: Thrillers**
6.20 **The Gateway** (2021, 15) ★★★
8.05 **The Infernal Machine** (2022)
10.10 **The Outfit** (2022, 15) ★★★
12.10 PM **Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15) ★★★★
2.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
4.15 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
6.15 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★

10.35 Taxi Driver

8.00 **Prisoners** Thriller starring Hugh Jackman and Jake Gyllenhaal. A desperate father decides to take the law into his own hands after two six-year-old girls go missing. With Paul Dano, Maria Bello, Viola Davis, Terrence Howard and Melissa Leo. (2013, 15, 153min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Taxi Driver** Martin Scorsese's drama starring Robert De Niro and Jodie Foster. A New York taxi driver tries to save a child prostitute. (1976, 18, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Serpico** Crime drama. (1973, 18, 130min) ★★★★
2.55 **Internal Affairs** Thriller. (1990, 18, 117min) ★★★★
5.05 **to 7.05** AM **The Infernal Machine** Mystery thriller. (2022, 15, 111min) ★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Duel at Silver Creek** Western. (1952, U, 77min) ★★
12.35 PM **O.S.S** Espionage thriller. (1946, b/w, PG, 107min) ★★★
2.45 **Ten Wanted Men** Western. (1955, U, 80min) ★★★
4.25 **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
6.20 **Ghostbusters** Fantasy comedy starring Kristen Wiig and Melissa McCarthy. (2016, 12, 113min) ★★★

9.00 Blackbird

8 PM **Ghostbusters** (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Blackbird** Melodrama starring Susan Sarandon, Sam Neill, Kate Winslet and Mia Wasikowska. A terminally-ill mother arranges to bring her family together one last time before she undergoes assisted suicide. (2019, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.00** **Desperado** Action thriller with Antonio Banderas and Salma Hayek. A stranger arrives in a small Mexican town to avenge his girlfriend's death at the hands of a local drugs lord. (1995, 18, 105min) ★★★
1.05 **to 3.45** AM **Happy as Lazzaro** Italian drama starring Adriano Tardiolo. Partly subtitled. (2018, 12, 122min) ★★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Antiheroes

302 302 402 502 516

6.20 AM **Gunpowder Milkshake**
8.25 **Old Henry** Western thriller. (2021, 15, 99min) ★★★★
10.20 **The Sweeney** Action thriller. (2012, 15, 112min) ★★★
12.25 PM **Fatman** Action comedy. (2020, 15, 100min) ★★★
2.20 **Blacklight** Action thriller. (2022, 15, 104min) ★
4.20 **Catwoman** Comic-book action fantasy. (2004, 12, 104min) ★★

6.10 **2 Guns** Action thriller starring Denzel Washington, Mark Wahlberg and Paula Patton. (2013, 15, 104min) ★★★
8.00 **Jason Bourne** Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. (2016, 12, 123min) ★★★
10.05 **Law Abiding Citizen** Thriller starring Jamie Foxx and Gerard Butler. (2009, 18, 109min) ★★

12.05 AM **The Punisher** Action thriller starring Tom Jane and John Travolta. (2004, 18, 123min) ★
2.15 **Catwoman** As 4.20pm.
4.10 **to 6.10** AM **Gunpowder Milkshake** Action thriller with Karen Gillan and Lena Headey. (2021, 15, 114min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Sky Cinema Preview**
7.00 **Champion** As 1.55am.
8.55 **Philadelphia** Legal melodrama. (1993, 12, 122min) ★★★★
11.10 **The Manchurian Candidate** Political thriller remake. (2004, 15, 130min) ★★★★
1.25 PM **The Hunt for Red October** Thriller. (1990, PG) ★★★★
3.45 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★

5.55 **The Equalizer 2** Action thriller sequel. (2018, 15, 121min) ★★★
8.00 **Fatal Attraction** Thriller about a married man whose one-night stand won't leave him alone. Stars Michael Douglas, Glenn Close and Anne Archer. (1987, 18, 120min) ★★★★
10.10 **Game of Death** Martial arts thriller starring Bruce Lee. A famous kung fu movie star fakes his own death as part of a plot to get back at his enemies. (1978, 18, 82min) ★★★

12.05 AM **Game of Death II** Thriller sequel. (1981, 18, 96min) ★★
1.55 **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
3.50 **Carry On Cruising** Comedy. (1962, U, 85min) ★★
5.35 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Maya the Bee: Golden Orb**
8.05 **The Ogglies** As 11.30pm.
9.45 **Lego DC Comics Super Heroes: Aquaman – Rage of Atlantis**
11.05 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
12.35 PM **Sing 2** Animated sequel. (2021, PG, 110min) ★★★★
2.30 **Extinct** Animated adventure. (2021, U, 84min) ★★★

4.00 **Hotel Transylvania** Animated comedy. (2012, U, 91min) ★★★
5.35 **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
7.05 **Storks** Animated adventure. (2016, U, 87min) ★★★
8.35 **Maya the Bee: The Golden Orb** Animated adventure. (2021, PG, 88min) ★★★
10.05 **Scooby-Doo! Return to Zombie Island** Animation. (2019, U, 70min) ★★★
11.30 **The Ogglies** Animation. (2021, PG, 85min) ★★★

1.00 AM **Bah Humduck!: A Looney Tunes Christmas** Animation.
1.55 **Lego DC Comics Super Heroes: Aquaman – Rage of Atlantis** Animation. (2018, PG) ★★★
3.15 **Scooby-Doo! and the Gourmet Ghost** (2018, U) ★★★
4.40 **to 6.15** AM **Maya the Bee...**

Movies 24

325 419

7.00 AM **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
9.00 **A Love to Remember** Romantic drama with Rhiannon Fish. (2021, PG, 90min) ★★
11.00 **At Home in Mitford** Drama. (2017, PG, 84min) ★★
1.00 PM **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
3.00 **The Baker's Son** Romantic fantasy. (2021, PG, 84min) ★★

5.00 **A Honeymoon to Remember** Romance starring Rebecca Dalton. (2021, PG, 85min) ★★
7.00 **Feature Film**
9.00 **Her Pen Pal** Romantic drama starring Mallory Jansen and Joshua Sasse. An event planner persuades her French childhood pen pal to pose as her boyfriend for her friend's wedding. (2021, PG, 84min) ★★
11.00 **Scented with Love** Romantic drama starring Rebecca Olson. (2022, PG, 83min) ★★

1.00 AM **Save the Wedding** Romantic drama starring Kasey Landoll. (2021, PG, 86min) ★★
3.00 **to 5.00** AM **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Love In High Gear** Comedy. (1932, b/w, PG, 66min) ★★★
7.15 **Sherlock Holmes** (S1)
7.50 **Cause for Alarm** Thriller. (1951, b/w, PG, 74min) ★★★
9.20 **Private Information** Drama. (1952, b/w, U, 66min) ★★★
10.40 **Rogue's Yarn** (1957, PG) ★★
12.15 PM **Daisy Kenyon** Melodrama. (1947, b/w, PG, 99min) ★★★
2.15 **Look at Life** Documentary.

2.25 **Witness in the Dark** Thriller. (1959, b/w, U, 62min) ★★
3.40 **The Boy and the Pirates** Fantasy. (1960, b/w, U) ★★
5.25 **Fireball XL-5** (S1)
6.00 **Colonel March of Scotland Yard**
6.30 **Scotland Yard** (S1)
7.05 **The Four Just Men** (S1)
7.40 **Dick Barton: Special Agent**
7.55 **Look at Life**
8.05 **The Human Jungle** 6/13. (S2)
9.05 **Maigret** 4/4. (S5)
11.00 **Cellar Club with Caroline Munro**
11.05 **The Mad Room** (1969, 18) ★★

12.55 AM **Cellar Club with Caroline...**
1.00 **The Werewolf** (1956, 18) ★★
2.40 **Cellar Club with Caroline Munro**
2.45 **The Beast in the Cellar** Horror chiller. (1970, 15, 87min) ★★
4.30 **Cellar Club with Caroline Munro**
4.35 **A School Journey in 1955**
5.00 **to 6.00** AM **Stagecoach West**

Tuesday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **LIVE One-Day International Cricket England v Ireland.** Coverage of the third and final match of the series, staged at Seat Unique Stadium in Bristol. The sides last met here in this format in 2017, when a five-wicket haul by Adil Rashid helped England bowl out Ireland for just 126 runs before quickly completing a seven-wicket victory.
8.00 PM **LIVE EFL Cup Manchester United v Crystal Palace.** Coverage of the third-round fixture at Old Trafford. This is the first meeting between these teams in this competition since the 2011/12 season, when the then second-tier Eagles recorded a shock 2-1 victory at the Theatre of Dreams. Kick-off **8.00pm**.
10.30 **Back Pages Tonight** A look ahead to the sports headlines in tomorrow's newspapers.
11.00 **Sky Sports News**
1.00 AM **LIVE WNBA** Coverage of a match in the play-offs.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
8.30 **SNF** Action from Brentford v Everton in the Premier League.
9.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years** A look back at a dramatic 2020/21 Premier League season.
3.00 **PL Greatest Games**
4.00 **Premier League Highlights**
5.00 **SNF** Action from Brentford v Everton in the Premier League.
5.30 **Premier League Highlights** Crystal Palace v Fulham.
6.00 **Premier League Legends** A profile of Alan Shearer.
6.30 **Netbusters** Recent goals.
7.00 **Gillette Labs Soccer Special** Updates from the night's football.
10.15 **Netbusters** Recent goals.
10.45 **Premier League Review**
11.45 **Netbusters** Recent goals.
12.15 AM **PL Greatest Games** Watford v Liverpool from 2015.
12.30 **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2013/14 play-offs.
9.00 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL Goals: L1 & 2**
12.30 PM **Scottish Premiership Round-Up** Top-flight action.
12.45 **SPFL Highlights**
1.00 **Bundesliga Highlights Show**
2.00 **EFL Highlights**
3.30 **EFL Goals: Leagues 1 & 2**
4.00 **Scottish Premiership Round-Up**
4.15 **SPFL Highlights**
4.30 **Bundesliga Highlights Show**
5.30 **EFL Goals: Leagues 1 & 2**
6.00 **Scottish Premiership Round-Up**
6.15 **EFL Highlights**
6.30 **EFL Cup Highlights**
7.30 **LIVE EFL Cup Manchester United v Crystal Palace.** Coverage of the third-round game at Old Trafford. Kick-off **8.00pm**.
10.30 **Bundesliga: Ultimate No.9**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL Greatest Games**
1.00 **Championship Season Review**
2.00 **EFL Trophy Football**
2.30 **EFL Rivalries**
3.00 **EFL Cup Retro**
5.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **How the 2011 ICC Cricket World Cup Was Won**
8.00 **One-Day International Cricket**
12.00 NOON **LIVE One-Day International Cricket England v Ireland.** Coverage of the third and final match of the series from Seat Unique Stadium in Bristol.
8.30 PM **ICC Men's Cricket World Cup: The Expert's View** A look ahead to the Cricket World Cup, which begins on 5 October.
9.30 **World Cup Cricket Classics** Highlights of the match between Australia and Pakistan from 2019. **9.45** Highlights of India v Afghanistan from 2019.
10.00 **One-Day International Cricket** Action from England v Ireland.
11.00 **World Cup Cricket Classics** Highlights of Australia v West Indies in the 1996 semi-final.
12.00 M'T **One-Day International Cricket** England v Ireland.
1.00 AM **The World Cup Through Their Eyes**
3.00 **One-Day International Cricket** Action from England v Ireland.
4.00 **World Cup Cricket Classics**
5.00 **to 6.00** AM **Capturing the ICC World Cup 1992**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **How the 1995 Ryder Cup Was Won** The best moments from Oak Hill Country Club.
8.00 **How the 1997 Ryder Cup Was Won** From Valderrama Golf Club.
11.00 **Luke Donald: Cool Hand Luke**
11.30 **Countdown to the Ryder Cup**
12.00 NOON **Solheim Cup Golf**
1.00 PM **Ryder Cup Golf** All the latest news, analysis and action from the 44th Ryder Cup at Marco Simone Golf and Country Club in Rome.
7.00 **Solheim Cup Golf** Action from the singles matches on day three of the women's team competition between Europe and USA from Finca Cortesin in Andalucia, Spain.
8.00 **Countdown to the Ryder Cup** A look at Europe captain Luke Donald's Ryder Cup pedigree. **8.30** Explore the drama and pressure attached to hitting that first shot at the Ryder Cup.
9.00 **Ryder Cup Golf**
11.00 **My Ryder Cup**
11.15 **Celebrity Kop Club**
11.30 **My Ryder Cup**
12.00 M'T **Solheim Cup Golf**
1.00 AM **My Ryder Cup**
2.00 **Countdown to the Ryder Cup**
4.00 **Solheim Cup Golf**
5.00 **to 6.00** AM **My Ryder Cup**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **National League Highlights**
8.00 **Premier League Review**
9.00 **UEFA Champions League Goals Reload** The pick of the goals from matchday one fixtures.
9.15 **UEFA Europa League Goals Reload** Matchday one games.
9.30 **V8 Supercars Highlights**
10.30 **The WRC Magazine**
11.00 **Fight Night Live**
1.00 PM **UEFA Champions League Highlights**
3.00 **Premier League Review**
4.00 **Serie A: Full Impact**
4.30 **Vanarama National League**
6.30 **No Filter Boxing**
6.45 **Premier League Stories**
7.15 **Premier League Reload**
7.30 **LIVE Vanarama National League Rochdale v Chesterfield.** From Crown Oil Arena. Kick-off **8.00pm**.
10.15 **Original Documentary**
11.45 **MotoGP Rewind**
12.00 M'T **WWE NXT Highlights**
1.00 AM **LIVE WWE NXT** Wrestling stars showcase their talents.
3.15 **Ariel Helwani Meets**
3.45 **UFC Reloaded**
5.30 **to 6.00** AM **The WRC Magazine**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **Serie A** Back-to-back Italian football highlights, including at: **10.00** Lazio v Monza. **11.00** Empoli v Inter Milan. **12.00** NOON Atalanta v Cagliari.
1.00 PM **Serie A** Udinese v Fiorentina. **2.00** Bologna v Napoli. **3.00** Torino v AS Roma.
4.00 **Ligue 1 Highlights**
5.00 **Inside Serie A** A round-up of all the latest news from the top flight of Italian football.
5.30 **Amplified** A look at how Manchester City won the treble.
6.00 **UEFA Europa League Highlights Show** Matchday one.
7.00 **Inside Serie A**
7.30 **LIVE Serie A Juventus v Lecce.** Coverage of the Italian top-flight encounter at Allianz Stadium. Kick-off **7.45pm**.
9.45 **Premier League Netbusters**
10.15 **The Special One**
11.30 **CPL** Highlights of the final.
12.00 M'T **LIVE MLB** Coverage of a regular-season match.
3.30 AM **UEFA Champions League Magazine** The latest news.
4.00 **The Special One**
5.00 **to 6.00** AM **PSA Squash Highlights**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Ligue 1** Recent highlights.
1.00 PM **MotoGP** Action from the Grand Prix of India Moto3 race. **2.00** Action from the Grand Prix of India Moto2 race. **3.00** Highlights of the Grand Prix of India MotoGP sprint race. **3.30** Action from the Grand Prix of India MotoGP race.
4.30 **MotoGP Chequered Flag** Grand Prix of India reaction and analysis.
5.30 **Fight Night Live** Another chance to see Zhilei Zhang v Joe Joyce.
7.30 **Badminton Weekly** A round-up of the latest news and action.
7.45 **MotoGP Rewind** Action from the Grand Prix of India.
8.00 **LIVE MLB Colorado Rockies v Los Angeles Dodgers.** Coverage of the match, staged at Coors Field. Start-time **8.10pm**.
11.30 **The WRC Magazine**
12.00 M'T **Serie A** Juventus v Lecce.
1.00 AM **No Filter Boxing**
1.15 **No Filter Football**
1.30 **Asia Cup Cricket**
3.30 **Serie A: Full Impact**
4.00 **UEFA Europa League Highlights Show**
5.00 **to 6.00** AM **UEFA Champions League Goals Show Retro**

Sky Sports NFL

407 407 865 | 517 507 | 426 446

6.00 AM **NFL Highlights** New York Jets v New England Patriots.
7.00 **NBC's Pro-Football Talk**
9.00 **One Jets Drive**
9.30 **49 Hours**
10.00 **NFL Highlights** Action from New York Giants v Dallas Cowboys.
11.00 **NFL Bitesize Highlights**
12.00 NOON **Good Morning Football**
3.00 PM **NFL Highlights** Cincinnati Bengals v Los Angeles Rams.
4.00 **NFL Review Show**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **Kansas City Chiefs: The Franchise** Behind-the-scenes.
8.30 **NFL Bitesize Highlights**
9.00 **NFL Highlights** Tampa Bay Buccaneers v Philadelphia Eagles. **10.00** Action from Cincinnati Bengals v Los Angeles Rams.
11.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
12.00 M'T **Total Access** NFL news.
1.00 AM **NFL Highlights** Cincinnati Bengals v Los Angeles Rams.
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Bitesize Highlights**
5.00 **Kansas City Chiefs: The Franchise** Behind-the-scenes.
5.30 **to 6.00** AM **One Jets Drive**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
7.30 **My Icon** Double bill.
8.00 **International Netball**
10.00 **Formula 1** Japanese Grand Prix.
11.00 **One-Day International Cricket**
12.00 NOON **Solheim Cup Golf**
1.00 PM **Premier League Years**
3.00 **WNBA** Play-off action.
5.00 **Formula 1** Japanese Grand Prix.
6.00 **Modern Pentathlon** Action from the World Championships in Bath.
7.00 **Fight Night International** Another chance to see George Kambosos Jr v Maxi Hughes.
8.00 **Solheim Cup Golf** Action from the singles matches on day three.
9.00 **Women's Super League** York Valkyrie v Wigan Warriors in the Group One semi-final. **9.15** Action from a semi-final.
9.30 **Betfred Super League Highlights** Top-flight action.
10.00 **NFL Highlights** Cincinnati Bengals v Los Angeles Rams.
11.00 **WNBA** Play-off action.
1.00 AM **LIVE WNBA** Coverage of a match in the play-offs.
3.00 **Formula 1** Japanese Grand Prix.
4.00 **One-Day International Cricket**
5.00 **to 6.00** AM **NFL Highlights**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Atlanta Rules: 1990's Braves** Archive action.
7.00 **The WRC Magazine**
7.30 **TNT Sports Goals Reload**
8.00 **AFL** A double bill of action from matches in the Finals Series.
12.00 NOON **MLB** Another chance to see a regular-season match.
2.30 PM **Fishing: On the Bank**
3.30 **Vanarama National League Highlights**
4.00 **The WRC Magazine**
4.30 **V8 Supercars Highlights**
5.30 **MLB** A regular-season match.
8.00 **MotoGP Highlights**
9.00 **WWE Monday Night Raw**
11.30 **UEFA Champions League Highlights** Matchday one.
1.30 AM **UEFA Champions League Magazine** The latest news.
2.00 **CPL** Recent cricket action.
3.00 **The WRC Magazine**
3.30 **Badminton Weekly**
3.45 **Fight Night Live**
5.45 **to 6.00** AM **MotoGP Rewind**

Eurosport 1

413 413 868 | 521 | 412 435

6.45 AM **Cycling: European Championships** From Drenthe.
8.45 **Olympic Games**
9.00 **Hall of Fame: Athens 2004**
10.00 **Snooker: English Open 2019**
12.00 NOON **Climbing World Cup**
1.00 PM **Cycling: Tour of Langkawi**
2.00 **LIVE Cycling: CRO Race** Coverage of the opening stage.
4.00 **Athletics: Sydney Marathon**
5.00 **Climbing Show**
5.30 **The Cycling Show**
6.00 **Show Jumping**
7.00 **Cycling: Tour of Langkawi**
8.00 **Cycling: CRO Race**
9.00 **Climbing World Cup**
10.30 **The Cycling Show**
11.00 **Cycling: Tour of Langkawi**
12.00 M'T **Cycling: CRO Race**
1.00 AM **World Superbikes**
3.00 **Cycling: CRO Race**
4.00 **The Cycling Show**
4.30 **Cycling: Tour of Langkawi**
5.30 **to 7.00** AM **LIVE Cycling: Tour of Langkawi** The fifth stage.

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Climbing World Cup**
7.15 **Olympic Games: The Power of the Olympics**
7.30 **Sailing: Spirit of Yachting**
8.00 **World Superbikes**
10.00 **Speedway Grand Prix**
11.00 **Olympic Games: World at Their Feet**
12.00 NOON **Mountain Biking**
1.00 PM **British Superbikes**
3.00 **FIA World Endurance Championship** Recent action.
5.00 **Cycling: Tour of Langkawi**
6.00 **British Speedway**
7.00 **Snooker: English Open** Action from the 2022 final in Brentwood.
9.00 **Cycling: CRO Race**
10.00 **British Speedway**
11.00 **Speedway Grand Prix**
12.00 M'T **Hall of Fame: Atlanta 1996**
1.00 AM **Cycling: Tour of Langkawi**
2.00 **Snooker: English Open 2018**
4.00 **British Speedway**
5.00 **to 6.00** AM **Speedway Grand Prix**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Fight Night International**
8.00 **International Netball** Game one of New Zealand v England.
10.00 **British Basketball** London Lions v Caledonia Gladiators.
12.15 PM **Women's Super League**
12.45 **Betfred Super League Highlights** Top-flight action.
1.00 **US Open Tennis** A chance to see Novak Djokovic v Ben Shelton.
4.00 **International Netball**
6.00 **Fight Night International**
8.00 **Women's Super League** Action from two semi-finals.
8.30 **Betfred Super League Highlights** Top-flight action.
9.00 **World Grand Prix Darts** Action from the 2022 final in Leicester.
11.00 **WNBA** Play-off action.
1.00 AM **LIVE WNBA** Coverage of a match in the play-offs.
3.00 **British Basketball**
5.15 **Women's Super League**
5.45 **to 6.00** AM **Betfred Super League Highlights**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** The build-up to the Japanese Grand Prix. **12.25** PM Another chance to see the Japanese Grand Prix, which takes place at Suzuka International Racing Course. **2.30** Reaction and analysis of the Japanese Grand Prix.
3.30 **The Notebook**
4.00 **Ferrari Challenge Europe**
5.00 **Formula 1** Highlights of the Japanese Grand Prix.
6.00 **The Notebook**
6.30 **Formula 1** The Japanese Grand Prix qualifying session.
8.30 **The Notebook**
9.00 **Formula 1** A chance to see the Japanese Grand Prix, the 17th round of the season at Suzuka International Racing Course.
11.15 **The Notebook**
11.45 **In the Pitlane with Brad Pitt**
11.55 **Start Procedures with Nico**
12.00 M'T **Ferrari Challenge Europe**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Wednesday

27 September

Evening Planner

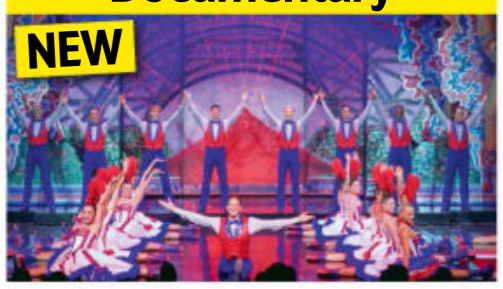
Cookery

Nadiya's Simple Spices
BBC2, 8pm
Nadiya Hussain reveals the eight spices she uses every day as she creates tasty dishes including a delicious lentil daal.

Factual

Grand Slammers
ITV1, 9pm
Rugby World Cup heroes including Mike Tindall and Jonny Wilkinson train a team of prison inmates in this documentary.

Documentary



Moulin Rouge: Yes We Can-Can!
BBC2, 10pm
Documentary going behind the scenes at the quintessentially French caberet club.

OnDemand

NETFLIX

The Wonderful World of Henry Sugar
Available today
Comedy drama based on a short story by Roald Dahl.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Celebrity Race Across the World		10.00 News; Local News	
102 BBC2	7.00 Paul Whitehouse: Our Troubled Rivers		8.00 Nadiya's...	8.30 Nigella: At My...	9.00 DNA Family Secrets		10.00 Moulin Rouge...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Grand Slammers			10.30 News
104 CHANNEL 4	7.00 News		8.00 Geordie Hospital		9.00 Grand Designs		10.00 First Dates	
105 CHANNEL 5	7.00 Badgers: Their Secret World		8.00 Harvest on the Farm		9.00 Casualty 24/7: Every Second Counts		10.00 999: Critical Condition	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad 2		9.00 Never Mind the Buzzcocks	9.45 The Lazarus Project		
ENTERTAINMENT								
115 BBC3	7.00 Phoenix Rise		8.00 Gavin & Stacey		9.00 Life and Death Row		10.00 Driven: The Billy Monger Story	
116 BBC4	7.00 Life		8.00 Universe		9.00 Charles I: Downfall of a King		10.00 Cardiac Arrest	
118 ITV2	7.00 Ninja Warrior UK: Race for Glory		8.00 Superstore		9.00 The Murder of Bianca Devins: Social...		10.00 Family Guy	
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 The Duchess and Her Magical Kingdom		10.00 £4 Million Restoration: Historic...	
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 First Dates Ireland		9.00 Married at First Sight UK		10.05 Sex Rated	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 The Rookie		10.00 9-1-1	
108 SKY ATLANTIC	◂ 6.50 Ray Donovan		7.55 Game of Thrones		9.00 Domina			
110 GOLD	7.00 Blackadder the Third	7.40 Dad's Army			9.00 The Royle Family	9.35 Not Going Out		
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI XL		10.00 Live at the Apollo	
119 ITV3	◂ 6.55 Heartbeat		8.00 Lewis				10.00 Van Der Valk	
120 ITV4	7.00 Snooker: British Open – Live: Coverage of the evening session on day three							
112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Ahir Shah: Dots	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Reginald the Vampire			
113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad 2		9.00 Never Mind the Buzzcocks	9.45 The Lazarus Project		
109 ALIBI	7.00 Elementary		8.00 Death in Paradise					
130 SKY ARTS	7.00 The Joy of Painting		8.00 The Directors		9.00 Discovering Film		10.00 Discovering: Robert De Niro	
132 W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 24 Hours in A&E		10.00 999 Rescue Squad	
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Deadliest Catch			
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Tiger Shark Beach		9.00 Isle of Jaws: Blood Brothers		10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Airport Security: Rome		9.00 21st Century Sex Slaves		10.00 Drug Lords: The Takedown	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People		9.00 Curse of Skinwalker Ranch		10.00 Egypt's Unexplained Files	
155 YESTERDAY	7.00 Antiques Roadshow		8.00 Great Continental Railway Journeys		9.00 Mediterranean with Simon Reeve		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Movies	7.50 Allen v. Farrow			9.00 Telemarketers			10.15 Spitfire
FILMS - Sky Cinema								
301 PREMIERE	7.00 Knock at the Cabin				9.00 God Is a Bullet			
303 HITS	◂ 5.45 The Twilight Saga: New Moon		8.00 Vampire in Brooklyn			9.50 Pain & Gain		
304 GREATS	◂ 6.00 Monster's Ball		8.00 Groundhog Day			9.55 Cry Macho		
305 ANIMATION	7.10 The Rugrats Movie			8.40 Scooby-Doo! and the Gourmet Ghost			10.05 DC Super Hero Girls...	
306 FAMILY	7.20 Dakota				9.00 Agent Cody Banks 2: Destination London			
307 ACTION	◂ 5.30 Inception		8.00 Black Adam				10.10 The Island	
308 COMEDY	◂ 6.20 Bridget Jones's Diary		8.00 Everybody Wants Some!!				10.05 Not Another Teen Movie	
309 THRILLER	◂ 6.00 A Walk Among the Tombstones		8.00 Vanilla Sky					10.20 Focus
310 DRAMA	◂ 6.10 Alfie		8.00 The King's Speech				10.05 Dallas Buyers Club	
311 DYSTOPIA	◂ 6.00 Back to the Future Part III		8.00 Nope					10.15 Species
302 ANTIHEROES	◂ 5.50 Jason Bourne		8.00 Suicide Squad				10.05 Morbius	
313 FILM4	7.15 Johnny English Strikes Again				9.00 Bohemian Rhapsody			
SPORT								
401 MAIN EVENT	7.00 EFL Cup – Live: Newcastle United v Manchester City (Kick-off 8.00)							10.30 Back Pages...
402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.15 Premier League Stories
403 FOOTBALL	7.00 EFL Cup – Live: Newcastle United v Manchester City (Kick-off 8.00)							10.30 EFL Cup...
404 CRICKET	7.00 ICC Men's CWC Greatest Matches				9.00 The Greatest Game			
410 TNT SPORTS 1	◂ 5.30 Serie A – Live: Cagliari v Inter Milan (Kick-off 5.30); Inter Milan v Sassuolo (Kick-off 7.45)					9.45 Rocky & Wrighty: From Brockley To The Big Time		
411 TNT SPORTS 2	◂ 5.30 Serie A – Live: Verona v Atalanta (Kick-off 5.30); Napoli v Udinese (Kick-off 7.45)					9.45 Premier League Stories		10.30 UEFA...

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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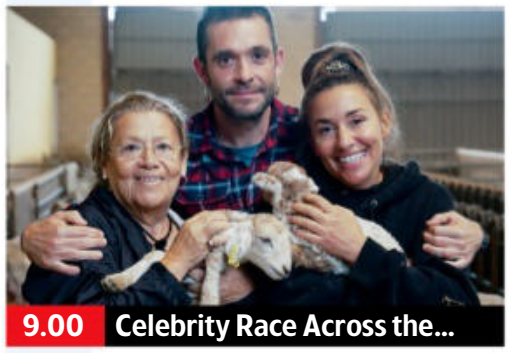
Wednesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** (S)
10.00 **Fraud Squad** New edition (S)(AD)
10.45 **Claimed and Shamed** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** (S)(AD)
2.15 **Money for Nothing** New edition Restoring a vintage sideboard. (S)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **The Bidding Room** New edition A set of decorative tiny houses. (S)
4.30 **The Vintage French Farmhouse** New edition Antique hunting. (S)
5.15 **Pointless** (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** By the Liberal Democrats. (S)



9.00 Celebrity Race Across the...

7 PM

7.00 **The One Show** Alex Jones and Jermaine Jenas present the topical show. (S)
7.30 **EastEnders** The police come asking questions about Nugget's disappearance. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition 11/14. The experts restore a velvet poster of a black panther, a metal garden ornament gifted by a grandchild, a grandfather's camera and a pair of sandals from the 1800s. (S)(AD)

9 PM

9.00 **Celebrity Race Across the World** New edition 2/6. Mel Blatt and mum Helene get a head start as the celebs head to the second checkpoint on the island of Corsica. *Postponed from last week.* (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Ambulance** 5/6. Staff of the North West Ambulance Service respond to an urgent call for a patient threatening use of a nerve agent. A major incident is declared and multiple resources are dispatched to the scene, including a decontamination special operations response team and the hazardous area response team. (S)(R)
11.40 **Michael McIntyre's The Wheel** 1/10. Game show, with Darren Harriott, Clare Balding, Jay Blades, Josie Gibson, Mollie King, Richard Madeley and Tom Allen. (S)(R)
12.40 AM **Weather for the Week Ahead**
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Vintage French Farmhouse** (R)
8.00 **Sign Zone: Great Coastal Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: Marcus Wareing's Tales from a Kitchen Garden** (R)
9.00 **Nicky Campbell** (S)
10.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Eggheads** Quiz show. (S)(R)
2.15 **Wanted Down Under** (S)(R)
3.00 **Murder, Mystery and My Family: Case Closed?** (S)(R)(AD)
3.45 **Great Canadian Railway Journeys**
4.15 **Serengeti II** (S)(R)(AD)
5.15 **Flog It!** From Port Talbot. (S)(R)
6.00 **Richard Osman's House of Games** New edition (S)
6.30 **Strictly: It Takes Two** New edition With Janette Manrara. (S)

6.30 Strictly: It Takes Two

7 PM

7.00 **Paul Whitehouse: Our Troubled Rivers** 2/2. Paul visits the River Wye and discovers how an explosion of algae caused by fertiliser run-off from farming is overwhelming the habitats along the waterway. (S)(R)(AD)

8 PM

8.00 NEW SERIES **Nadiya's Simple Spices** 1/6. The art of cooking with spices. *See feature, page12.* (S)
8.30 **Nigella: At My Table** 1/6. Nigella Lawson prepares Turkish-inspired eggs. (S)(R)(AD)

9 PM

9.00 NEW SERIES **DNA Family Secrets** 1/6. Stacey Dooley helps people unlock mysteries hidden in their DNA. Olympic athlete Sarah wants to find her father, and twins Tanya and Kim hope to discover their origins. (S)(AD)

10 PM

10.00 NEW SERIES **Moulin Rouge: Yes We Can-Can!** 1/6. A search for new Moulin Rouge dancers in Britain. *See feature, page 20.* (S)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Rise of the Nazis: The Manhunt** 2/4. The hunt for Adolf Eichmann, who arranged the transportation of millions of Jewish people to death camps, and Nazi secret police chief Klaus Barbie. (S)(R)(AD)
12.15 AM **Sign Zone: Amazing Hotels: Life Beyond the Lobby** (S)(R)(AD)
1.15 **Sign Zone: Living Next Door to Putin** 2/2. Documentary. (S)(R)(AD)
2.15 **Sign Zone: Helping Our Teens** (R)
3.15 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Spanish Adventure** New edition In Valencia, James reminisces about his favourite tapas bar. (S)(AD)
3.00 **Tenable** New edition Warwick Davis hosts as a walking football team take part in the quiz. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** By the Liberal Democrats. (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7 PM

7.30 **Emmerdale** Manpreet provides encouragement to Claudette, while Chloe tells Mack the truth, and Gail expresses concern for Ryan. (S)(AD)

8 PM

8.00 **Coronation Street** It's the end of an era for the Rovers Return Inn, Paul and Billy finalise their wedding arrangements, Daniel asks a favour of Ryan, while Dev seizes an opportunity to split Aadi and Courtney. (S)(AD)

9 PM

9.00 NEW SERIES **Grand Slammers** 1/2. England Rugby World Cup winners, including captain Martin Johnson, Lawrence Dallaglio and Jonny Wilkinson, enter HMP The Mount prison and attempt to train a team of inmates to compete against a formidable rival, the Australians. *See feature, page11.* (S)(AD)
■ Concludes tomorrow

10 PM

10.30 **ITV News** (S)
11.00 **Local News** (S)
11.15 **Peston** Political magazine. (S)
12.05 AM **EFL Carabao Cup Highlights** Action from the third-round ties, including Newcastle United v Manchester City. (S)(R)
1.00 **The Chase** Quiz show. (S)(R)
1.50 **Tipping Point** Game show. (S)(R)
2.40 **Tenable** Quiz show. (S)(SL)(R)
3.35 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Spanish Adventure** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.05 AM **Countdown** (S)(R)
6.45 **Cheers** 13&14/26. (S5) (S)(R)
7.35 **Everybody Loves Raymond** (S)(R)
8.25 **Frasier** (S10&11) (S)(R)(AD)
9.55 **Chateau DIY** (S)(R)(AD)
10.55 **George Clarke's Amazing Spaces** A circus show van is converted into an ingenious home. (S)(R)(AD)
11.55 **News** (S)
12.00 NOON **Steph's Packed Lunch** New edition Magazine. (S)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** From the Paphos region of Cyprus. (S)(R) **4.00** New edition A couple look for a property in Gran Canaria. (S)
5.00 **A New Life in the Sun** (S)(R)
6.00 **Four in a Bed** New edition Dan and Lucy host the third visit of the week at the Tal-y-Cafn, Conwy. (S)
6.30 **The Simpsons** (S)(R)(AD)

8.00 Geordie Hospital

7 PM

7.00 **News** (S)

8 PM

8.00 **Geordie Hospital** New edition Midwife Titi helps Natalia who has elected to have a C-section, and neurosurgeon Akbar inserts wires into Michael's brain to cure his tremors. (S)(AD)
■ Entire series on C4 online

9 PM

9.00 NEW SERIES **Grand Designs** Kevin McCloud meets Rosa and Craig who plan on turning a decommissioned steam railway reservoir into a home with a budget of £700,000 in 12 months. (S)(AD)

10 PM

10.00 **First Dates** A sexual health advisor with two soon-to-be-married daughters goes looking for love, and a part-time singer enjoys an evening with a professional magician. (S)(R)(AD)
11.05 **The Great British Bake Off** Alison Hammond and Noel Fielding welcome 12 new bakers to the competition. (S)(SL)(R)(AD)
12.35 AM **Taskmaster** (S)(SL)(R)(AD)
1.30 **24 Hours in A&E** (S)(R)(AD)
2.25 **Jimmy Doherty's New Zealand Escape** Christchurch. (S)(R)(AD)
3.20 **Selling Super Houses** (S)(R)(AD)
4.15 **Couples Come Dine with Me** (R)
5.10 **to 6.05** AM **Undercover Boss USA** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Big Lies in a Small Town** Thriller starring Rhonda Dent. (S) (2022, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Cameras follow entrepreneur Wenda, who is planning to launch her fashion line in Puerto Banus. (S)
5.00 **News** (S)
6.00 **Susan Calman's Grand Day Out** The comedian and her campervan Helen head back to one of her favourite places – Yorkshire. (S)(R)
6.55 **News** (S)

7.00 Badgers: Their Secret World

7.00 NEW SERIES **Badgers: Their Secret World** 1/2. Naturalist Steve Backshall reveals the secret lives of badgers in the UK. (S)
■ Concludes tomorrow
7.55 **News** (S)

8.00 **Harvest on the Farm** New edition 2/4. Presenter George Lamb shares his new-found passion for farming, and chef Tim Bilton demonstrates how to cook a barley spicy lamb stew. (S)
■ Continues tomorrow

9.00 **Casualty 24/7: Every Second Counts** New edition Ralph, an 87-year-old who is struggling to breathe, is rushed into hospital, and staff need to run a series of urgent blood tests. (S)

10.00 **999: Critical Condition** A young woman is admitted with life-threatening head injuries sustained in a car accident, and clinical director Dr Richard Hall must make split-second critical decisions. (S)(R)

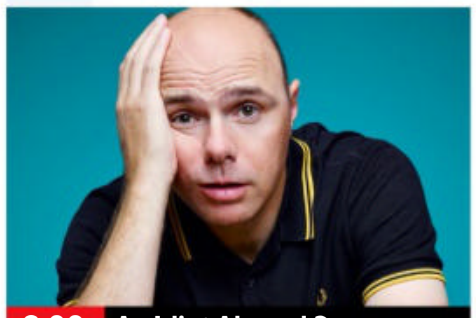
11.05 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.05 AM **Shoplifters & Scammers: At War with the Law** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **999: Motorway Emergency** (R)
3.50 **Britain's Greatest Bridges** (R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.55 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Caught on Dashcam** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **Craig Charles: UFO Conspiracies** (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S7) (S)(R)
1.00 PM **NCIS: Los Angeles** (S)(R)
3.00 **Hawaii Five-0** 8/25. (S9) (S)(R)
4.00 **S.W.A.T.** 5/23. (S2) (S)(R)(AD)
5.00 **The Simpsons** *Wad Goals:* Bart becomes a golf caddy. (S)(R) **5.30** *Mother and Child Reunion:* Lisa makes a shocking decision about college. (S)(R)
6.00 **The Fresh Prince of Bel Air** 4/24. Hilary lands a new job as a weathergirl. (S)(R) **6.30** 5/24. Carlton's former girlfriend arrives. (S3) (S)(R)


8.00 An Idiot Abroad 2

7.00 **The Simpsons** *The Man from GRAMPA:* A British secret agent arrives in Springfield. (S)(R) **7.30** *The Last Barfighter:* Moe breaks the most sacred rule of a secret society of bartenders. (S)(R)

8.00 **An Idiot Abroad 2** 3/8. Karl Pilkington travels to Australia to swim with dolphins, and along the way he takes part in a blindfolded kickboxing contest and encounters hundreds of snakes. (S)(R)

9.00 **Never Mind the Buzzcocks** New edition With guests Roisin Murphy, Dermot Kennedy and Billy Porter.
9.45 **The Lazarus Project** 1/8. A man is approached to join a secret organisation that has the power to turn back time when the world is at threat from extinction. (S1) (S)(R)(AD)
10.45 **Rob & Romesh vs Drag** Rob Beckett and Romesh Ranganathan dive into the world of drag queens. (S)(R)

11.45 **Breeders** 3/10. Paul raids Leah's collection of heavy-duty painkillers. (S)(R)(AD) **12.15** AM 4/10. Ava and Luke feel frozen out by the people they care about. (S3) (S)(R)(AD)
12.45 **Road Wars** Double bill. (S)(R)
2.10 **Stop, Search, Seize** (S)(R)(AD)
3.05 **Hawaii Five-0** 8/25. (S9) (S)(R)
4.00 **S.W.A.T.** 5/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
2.15pm Politics Scotland (S) **3.00-3.45** Money for Nothing (S)(R) **11.40** Debate Night (S)(R) **12.40am** The Edit (S)(R) **12.55** Weather for the Week Ahead (S) **1.00-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Nolan Live (S) **11.40** Ambulance (S)(R) **12.40am** Michael McIntyre's The Wheel (S)(R) **1.40-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40 Rookie Nurses (S)(R) **11.10** Ambulance (S)(R) **12.10am** Michael McIntyre's The Wheel (S)(R) **1.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Spotlight (S)(R) **11.15** NEW TO BBC2 Sandylands (S) **11.45pm-12.15am** NEW SERIES Moulin Rouge: Yes We Can-Can! (S)

WALES
Sky **968**, Freesat **968**
7.00-8.00pm This Farming Life New edition (S)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Dau Gi Bach (AD) **1.30** Garddio a Mwy **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd New edition **3.05** Prosiect Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pêl-Droed Rhyngwladol **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Dan Do New edition **8.55** Newyddion S4C a'r Tywydd **9.00** Anfamol New episode (AD) **9.30** Rycia o 'Ma Series finale **10.00** Noson Lawen **11.00-11.35pm** Y Byd ar Bedwar

TV&Satellite week
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BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Phoenix Rise** New episodes 5/10. Darcy and Daisy fall out on the school camping trip. **7.30** 6/10. Darcy struggles to break up with Cassidy. (S2)
7.55 **The Catch Up**
8.00 **Gavin & Stacey** 5/8. Bryn tries to organise a surprise party for Gwen's birthday. **8.30** 6/8. The newlyweds begin leading separate lives in their home towns. (S2)
9.00 **Life and Death Row** 2/4. Capital punishment through the eyes of young people.
10.00 **Driven: The Billy Monger Story** An 18-year-old tries to get back into motor racing after losing both legs.
11.00 **The TikTok Effect**
11.55 **The Bold Type** New episode 8/10. Jane considers whether she will ever become a mother. (S2)
12.35 AM **Juice** 3&4/6. (S1)
1.25 **Ballers: Ball or Nothing**
2.25 **Hire Me: Competing for a Dream Job**
2.55 **to 3.55** AM **Gavin & Stacey**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Life** How mammals dominate the planet.
8.00 **Universe** Professor Brian Cox explores the Milky Way, using data from a cutting-edge space telescope to reveal the dramatic history of Earth's galaxy, and predict its cataclysmic future.
9.00 **Charles I: Downfall of a King** 1/3. Lisa Hilton discovers how Charles I's rule collapsed in just 50 days.
10.00 **Cardiac Arrest** 1/8. The closure of a sister hospital puts pressure on the team. **10.30** 2/8. A teenager is rescued from an icy lake. **11.00** 3/8. A misdiagnosis has tragic consequences. **11.30** 4/8. Claire is made an offer at the hospital ball. **12.00** M'T 5/8. Andrew races to track down a killer. **12.30** AM 6/8. Claire vows to take a stand against hospital management. **1.00** 7/8. The press learn that James is HIV positive. **1.30** 8/8. Dr Kirkby is accused of negligence .(S2)
2.00 **to 3.40** AM **Black Snow**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Candy canes.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer visit Somersham, Cambridgeshire.
5.50 **The Secret Life of the Zoo** Cameras follow a 22-year-old arthritic penguin at Chester Zoo.
6.55 **The Dog House** Poppy and Bron try to find a home that will accept two dogs.
7.55 **Grand Designs** A London couple plan to transform an inefficient and uninspiring 1950s house into a sleek, modernist masterpiece.
9.00 **The Duchess and Her Magical Kingdom** Series finale 6/6. Everyone has their work cut out for them in the countdown to the opening of Lilidorei.
10.00 **£4 Million Restoration: Historic House Rescue** 2/2. The project to bring medieval house Llwyn Celyn back from the brink continues.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Married at First Sight UK**
8.00 **Melissa & Joey**
9.00 **Brooklyn Nine-Nine**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S1&10)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Married at First Sight UK**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** The group are taken into police custody.
7.30 **Young Sheldon** 15/22. The young genius and Dr Sturgis have a falling out. (S2)
8.00 **First Dates Ireland** New edition 12/14. A bikini model, a comedian and an entrepreneur are among those looking for love.
9.00 **Married at First Sight UK** New edition The next phase of the experiment begins, as the newly-weds move into their apartments.
10.05 **Sex Rated** New edition Newcastle native Kiki-Jay and her exes discuss their sex lives, while Ruby Rare gives a sensual food lesson from the comfort of her bed.
11.10 **Gogglebox**
12.15 AM **First Dates**
1.20 **Married at First Sight UK**
2.15 **Sex Rated**
3.10 **Brooklyn Nine-Nine**
4.00 **The Goldbergs**
4.55 **to 6.00** AM **Black-ish**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **The Real A&E**
7.00 **Border Patrol**
9.00 **Border Security: America's Front Line** Double bill.
10.00 **Motorway Patrol**
10.30 **Highway Patrol**
11.00 **FBI: Most Wanted** 20/22. The team search for a copycat killer. (S3)
12.00 NOON **Bull** 15&16/20. (S4)
2.00 PM **Blue Bloods** 5/21. Frank investigates after the Reagan family are harassed. (S13)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

10.00 9-1-1

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Blue Bloods** *On Dangerous Ground:* 6/21. Danny and Jamie clash over a gang-related shooting. (S13)

9 PM
9.00 **The Rookie** *Heartbreak:* 12/20. Officer Nolan invites everyone over for a Valentine's Day party now that he is single. (S1)

10 PM
10.00 **9-1-1** *Defend in Place:* 8/18. A huge explosion rocks the hospital where Dr Hale is performing surgery. (S5)
11.00 **The Rookie** 9/20. (S1)
12.00 M'T **FBI** 6/23. (S5)
1.00 AM **FBI: International** (S2)
2.00 **FBI** New episode 7/23. (S5)
3.00 **FBI: International** New episode 7/22. (S2)
4.00 **Border Security: America's...**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Fish Town**
7.55 **Six Feet Under** (S1)
10.05 **Ray Donovan** 7&8/12. (S3)
12.15 PM **Game of Thrones** (S5)
1.20 **Quarry** 3&4/8. (S1)
3.30 **Six Feet Under** 13/13. Brenda visits Billy in the institution. (S1) **4.40** 1/13. Nate's MRI tests reveal he has a condition that could prove fatal. (S2)
5.45 **Ray Donovan** 9/12. Ray continues to be dogged by problems of his own making. **6.50** 10/12. Ray attempts to lend a hand to Mickey. (S3)

9.00 Domina

7.55 **Game of Thrones** *Unbowed, Unbent, Unbroken:* 6/10. Arya continues her training at the House of Black and White. (S5)

9.00 **Domina** New episode *Sacrilege:* 5/8. Livia grows closer to Agripp, and she is forced to confront an old enemy.

10.05 **Domina** New episode *Freedom:* 6/8. A weakened Gaius makes an unwelcome decision about the succession. (S2)
11.15 **Billions** 8&9/12. (S5)
1.30 AM **Dreamland** 4/6. (S1)
2.00 **The Lovers** New episode 4/6. Seamus and Janet finally have the chance to get together. (S1)
2.40 **Game of Thrones** (S5)
3.45 **In Treatment** (S2)
4.15 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Supergirl** 6/19. (S5)
7.00 **DC's Legends of Tomorrow**
8.00 **The Flash** 8/18. (S7)
9.00 **Stargate SG-1** 11&12/22. (S1)
11.00 **Supergirl** 7/19. (S5)
12.00 NOON **The Flash** 8/18. (S7)
1.00 PM **NCIS: Los Angeles** (S13)
3.00 **Hawaii Five-0** 8/25. (S9)
4.00 **S.W.A.T.** 5/23. (S2)
5.00 **DC's Legends of Tomorrow** 7/15. Ava confronts Sara. (S5)
6.00 **Stargate SG-1** 13/22. The team return from an expedition with the news that Jackson has been killed. (S1)

10.45 Fist of Fury

7.00 **Stargate SG-1** *Hathor:* 14/22. A Goa'uld casts a deadly spell over the men on the Stargate base. (S1)
8.00 **An Idiot Abroad 2** 3/8. Karl Pilkington travels to Australia to swim with dolphins.
9.00 **Never Mind the Buzzcocks** New edition With Roisin Murphy and Dermot Kennedy.
9.45 **The Lazarus Project** 1/8.First episode of the sci-fi thrilller starring Paapa Essiedu. (S1)
10.45 FILM **Fist of Fury** Action thriller starring Bruce Lee. (1972, 18, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **Strike Back: Retribution**
1.35 **Road Wars**
2.00 NEW SERIES **Brassic** 1/8. The gang take an unlikely hostage. *See feature, page 6.* (S5)
3.00 **COBRA: Cyberwar** 4/6. (S2)
4.00 **Hawaii Five-0** 8/25. (S9)
5.00 **to 6.00** AM **S.W.A.T.**

ITV2

118 118 816 | 115 | 6 | 113

5.00 AM **Children's Programmes**
9.00 **One Tree Hill** 11/13. (S9)
10.00 **Dawson's Creek** 13/23. (S5)
11.00 **Love Bites**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 16/22. (S2)
3.05 **One Tree Hill** 12/13. (S9)
4.00 **Dawson's Creek** 14/23. Dawson discovers Oliver is a terrible actor. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With Richard Arnold, Danny Miller and Rachel Stevens.

8.00 Superstore

7.00 **Ninja Warrior UK: Race for Glory** Contenders take on the obstacle course as the knockout competition continues.
8.00 **Superstore** 17/21. Amy organises a community service event. **8.30** 18/21. Amy brings her baby to work. (S5)
9.00 **The Murder of Bianca Devins: Social Media Murders** New edition A woman in upstate New York is murdered.
10.00 **Family Guy** 19/20. Brian and Stewie look for Mort. **10.30** 20/20. Peter has a conversation with God while in a coma. (S16)
11.00 **Family Guy** 14/20. Peter and the gang are forced to join the US Coast Guard. (S16)
11.30 **American Dad!** (S12)
12.30 AM **Superstore** (S5)
1.30 **Don't Hate the Playaz**
2.10 **Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.10 **On the Buses**
9.15 **Where the Heart Is**
11.35 **Heartbeat**
12.45 PM LIVE **Snooker: British Open** Coverage of the afternoon session on day three.
5.30 **Coronation Street: Memorable Moments**
5.55 **Heartbeat** *Night Mail:* When armed robbers hold up the night mail train, Joe is forced to work with old adversary DI Ludlow to catch them.

8.00 Lewis

6.55 **Heartbeat** *Love Story:* A trio of Australian sheep-shearers arrive in Aidensfield to help out at Grimedale Farm.
8.00 **Lewis** *The Quality of Mercy:* The lead actor in a student Shakespeare production is murdered during the performance, while Hathaway and Lewis are struck by the lack of grief among the cast and crew.
10.00 **Van Der Valk** *Magic in Amsterdam:* 3/3. A psychiatrist is stabbed to death during a ritual invoking a demon. (S3)
12.05 AM **Where the Heart Is** *Sticks and Stones:* A good-looking newcomer sets hearts a-flutter among the women. **1.10** *Cats and Dogs:* The nurses prepare for a darts showdown in the pub.
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Icons of Football** 2/6. The life and career of Paul Sturrock.
7.30 **Born to Be Wild** A concussed woodpecker needs help.
8.00 **Scotland's Home of the Year** 1/10. A search for outstanding homes across Scotland.
8.30 **Food Fest Scotland** 1/5. Colin Murray and Edith Bowman explore the Peebles Show.
9.00 **The Nine**
10.00 **Junior Doctors: Life on the Wards** Series finale 3/3. First-time junior doctors start work on the hospital front-line.
10.30 **Debate Night** New edition Topical debate on issues affecting Scotland and beyond.
11.30 **Roaming in the Wild**
11.50 PM **to 12.00** M'T **The Culture Scene**

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Sort Of** 6&7/8. (S1)
9.00 **Entourage** (S7)
10.05 **The Conners** (S5)
11.00 **Mr Mayor** 9/10. (S1)
11.30 **Looking** 5&6/10. (S2)
12.50 PM **House of Lies** (S3)
1.30 **Fresh Prince of Bel Air**
2.25 **Entourage** (S7)
3.30 **The Conners** (S5)
4.30 **Sort Of** (S1&2)
5.30 **Mr Mayor** 1/10. (S2)
6.00 **Fresh Prince of Bel Air**
7.00 **Will & Grace** (S7)
8.00 **The Office (US)** 17/28. Michael and Pam go to Nashua to get some closure from Holly. **8.30** 18/28. A mystery woman catches Michael's eye while giving blood. (S5)
9.00 **Divorce** 5&6/6. (S3)
10.15 **Miracle Workers: End Times** 9&10/10. (S4)
11.15 **Breeders** 3&4/10. (S3)
12.15 AM **Enlightened** (S1)
1.30 **Will & Grace** (S2)
3.00 **House of Lies** (S3)
3.40 **to 5.00** AM **Looking**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Beethoven: The Complete Symphonies**
6.40 **Pavarotti: A Voice for the Ages**
8.00 **Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **The Art of Collecting**
3.00 **Classic Movies: The Story of The Graduate**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **The Directors**
9.00 **Discovering Film** New edition Jamie Foxx.
10.00 **Discovering**
11.00 **I Am Burt Reynolds**
12.45 AM **Kate Bush: Sensual World**
1.15 **Mildred Pierce**
2.35 **Voices of Ireland**
3.50 **Chasing Lights: The Voyages of Matisse**
5.00 **to 6.00** AM **Inside Art**

Pick

151 | 135 | 36 | 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: Canada's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Merlin** 1/13. (S5)
7.00 **Star Trek: Voyager** (S1)
8.00 **Magnum P.I.** 4/20. (S4)
9.00 **SEAL Team** (S2)
11.00 **Snapped**
12.00 M'T **How I Caught the Killer** A 20-year-old call girl who turned killer in Sacramento.
1.00 AM **Britcam: Emergency on Our Streets**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **Billie and Greg: The Family Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Billie and Greg: The Family Diaries**
2.20 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Potomac** New edition
6.00 **Making It Home with Kortney & Kenny**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 NEW SERIES **Ferne McCann: My Family and Me** Reality series.
10.00 **The Only Way Is Essex**
11.00 **Botched**
12.00 M'T **The Only Way Is Essex** Reality series.
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 | 170 | 50 | 142

8.00 AM **Diagnosis Murder**
9.00 **Sue Thomas: F.B.Eye**
11.00 **Castle** 19&20/22. (S8)
1.00 PM **Sue Thomas: F.B.Eye** 6&7/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 1-4/24. Four episodes. (S1)
9.00 **Randall and Hopkirk (Deceased)** *Could You Recognise the Man Again?* 18/26. Jeannie is kidnapped. (S1)
10.00 **The Persuaders!** *Element of Risk:* 15/24. Danny is mistaken for an international criminal so Brett goes undercover to help his friend. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S1)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Castle** 8/10. (S1)
4.50 **to 5.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **The Saint**
9.20 **Return of Sherlock Holmes**
10.30 **Magnum, PI**
11.30 **The Motorbike Show**
12.30 PM **The Saint**
1.35 **Return of Sherlock Holmes**
2.40 **Magnum, PI**
3.45 **Dramatic Finishes**
4.00 LIVE **Rugby World Cup** Uruguay v Namibia: Coverage of the Pool A match from OL Stadium. Kick-off is at 4.45.

4.00 Rugby World Cup

7.00 LIVE **Snooker: British Open** Rishi Persad presents coverage of the evening session on the third day from the Centaur at Cheltenham Racecourse, featuring third-round matches. With analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by David Hendon and Phil Yates.

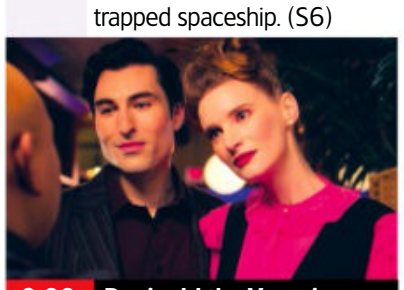
10.35 FILM **Maximum Conviction** Thriller with Steven Seagal. Two former Special Forces operatives encounter a band of mercenaries. (2012, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Minder**
1.40 **Unwind with ITV**
2.00 **to 3.00** AM **EFL Carabao Cup Highlights**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 8/13. (S5)
7.00 **Warehouse 13** 10/13. (S2)
8.00 **Teleshopping**
11.00 **Fringe** 11/22. (S2)
12.00 NOON **Star Trek: The Next Generation** 2&3/26. (S6)
2.00 PM **Merlin** 8/13. (S5)
3.00 **Fringe** 11/22. (S2)
4.00 **Stargate SG-1** 16/22. (S2)
5.00 **Stargate Atlantis** 18/20. (S3)
6.00 **Star Trek: The Next Generation** 2/26. Lieutenant Barclay encounters sinister forces while en route to a trapped spaceship. (S6)


9.00 Reginald the Vampire

7.00 **Star Trek: The Next Generation** *Man of the People:* 3/26. The Lumerian ambassador mediates a dispute. (S6)

8.00 **Star Trek: Voyager** *Flesh and Blood – Part One:* 9/26. The Hirogen modify technology given to them by Janeway. (S7)

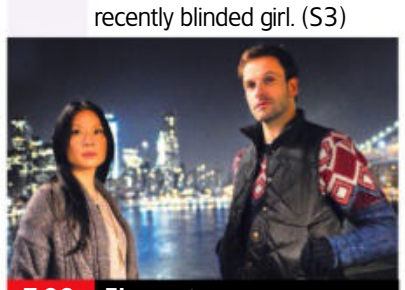
9.00 **Reginald the Vampire** *Hypnos:* 3/10. Reginald and Sarah head out on their first date, but mayhem ensues.

10.00 **Reginald the Vampire** *All the Time in the World:* 4/10. As Angela meets Maurice, everything changes forever. (S1)
11.00 FILM **Asteroid-a-geddon** Action adventure starring Eric Roberts, Veronika Issa and Jennifer Wiggins. (2020, PG, 90min) ★★
1.00 AM **Warehouse 13** 10/13. (S2)
2.00 **Star Trek: Voyager** As 8pm.
3.00 **Stargate Atlantis** 18/20. (S3)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **Miss Fisher's Murder Mysteries** 2/8. (S3)
10.00 **Hudson & Rex** 12/16. (S3)
11.00 **Without a Trace** 1/23. (S3)
12.00 NOON **Frankie Drake Mysteries** 10/10. (S2)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S15)
4.00 **Miss Fisher's Murder Mysteries** 2/8. (S3)
5.00 **Hudson & Rex** 12/16. (S3)
6.00 **Without a Trace** 1/23. The team search for a recently blinded girl. (S3)


7.00 Elementary

7.00 **Elementary** *The Red Team:* 13/24. Holmes investigates the suspicious death of a conspiracy theorist. (S1)

8.00 **Death in Paradise** *Erupting in Murder:* 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)

9.00 **Death in Paradise** *Now You See Him, Now You Don't:* 8/8. A blind actress is the only witness to her husband's murder. (S9)

10.00 **Death in Paradise** *The Secret of the Flame Tree:* 2/8. A literature student is pushed off a cliff to her death. (S6)
11.00 **Person of Interest** 17/22. Reese and Finch attempt to protect an unorthodox psychotherapist. (S4)
12.00 M'T **Elementary** As 7pm.
1.00 AM **Hudson & Rex** 12/16. (S3)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.05 AM **Highlights**
9.00 **Hi-de-Hi!**
9.40 **Porridge**
10.20 **Last of the Summer Wine**
11.40 **Keeping Up Appearances**
12.20 PM **2point4 Children**
1.00 **Dad's Army**
1.40 **Blackadder the Third**
2.20 **Porridge**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.00 **Keeping Up Appearances**
5.40 **Porridge**
6.20 **Blackadder the Third**

6.20 Blackadder the Third

7.00 **Blackadder the Third** The fearsome Duke of Wellington challenges Prince George to a duel.
7.40 **Dad's Army** The platoon are forced to spend the night in a spooky house. **8.20** Wilson allows the vicar and the verger to enlist in the Home Guard.

9.00 **The Royle Family** Nana is in mourning for her friend Elsie.
9.35 **Not Going Out** Lucy looks after her god-daughter on her birthday. **10.10** Lee persuades Lucy to spend a weekend on his dad's new boat.
10.45 **Live at the Apollo** Nina Conti introduces stand-up routines by Rob Beckett and Jimeoin.
11.45 **The Royle Family**
12.20 AM **Not Going Out**
1.30 **Live at the Apollo**
2.35 **The Fosters**
3.35 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Cops on the Rock**
9.00 **Fast Justice**
10.00 **Railroad Australia**
11.00 **Rick Stein's India**
12.00 NOON **Ultimate Movers**
1.00 PM **Repair Lot**
2.00 **Top Gear** Double bill.
4.00 **Building Cars**
5.00 **Rick Stein's Mediterranean Escapes** From Catania, Sicily.
6.00 **Rick Stein's India** Rick enjoys Parsee hospitality in Mumbai.

8.20 Would I Lie to You?

7.00 **Richard Osman's House of Games** With Mark Chapman. **7.40** With Charlie Higson, Chizzy Akudolu, Kate Williams and Tom Allen.
8.20 **Would I Lie to You?** With Paul Hollywood, Jason Manford, Warwick Davis and Joan Bakewell.

9.00 **QI XL** Guests Isy Suttie, Tim Minchin and Bill Bailey join regular panellist Alan Davies and host Stephen Fry.

10.00 **Live at the Apollo** Jason Manford hosts an evening of stand-up comedy, introducing sets by Chris Ramsey and Doc Brown.
11.00 **Live at the Apollo** With Frankie Boyle and Aisling Bea.
12.00 M'T **Mock the Week**
12.40 AM **Alan Davies: As Yet Untitled** With Rosie Jones.
1.40 **Big Zuu's Big Eats**
2.15 **The Island**
3.05 **to 4.00** AM **Sneakerhead**

+1 hour 211 327 57

Wednesday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
1.30 PM **George Clarke's Amazing Spaces**
2.30 **Chateau DIY**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun** A couple go house-hunting in the Paphos region of Cyprus. **7.00** An Exeter couple search for a property in Lecce in southern Italy.
7.30 **Great British Bake Off**
9.00 FILM **Kingsman: The Secret Service** Action comedy starring Colin Firth and Taron Egerton. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. (2015, 15, 128min) ★★★★
11.35 **Celebrity SAS: Who Dares Wins**
12.40 AM **Gogglebox**
1.45 **Celebrity Gogglebox**
2.50 **Taskmaster**
3.50 **to 4.55** AM **8 Out of 10 Cats Does Countdown**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Endgame:* 7/24. An assassin threatens Vance's family. **7.00** *Power Down:* 8/24. An attempted robbery leads to the death of a lieutenant. **8.00** *Child's Play:* 9/24. The agents investigate a government organisation dedicated to child prodigies. (S7)
9.00 **Criminal Minds** *Profiling101:* 22/24. The team present an unsolved case to a group of students. (S7)
10.00 **Law & Order: Special Victims Unit** *Dolls:* 7/25. The team hunt for a homicidal paedophile. **10.55** *Waste:* 8/25. A woman in a coma becomes pregnant. (S4)
11.55 **Blue Bloods** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dirty Home Rescue**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** A couple seek confirmation about their first-time pregnancy.
8.00 **Ambulance: Code Red**
9.00 FILM **The Magnificent Seven** Western remake starring Denzel Washington. (2016, 12, 132min) ★★★
11.45 **Adults Only: Sex in the Future** Documentary.
12.45 AM **Murdered for Revenge** Crime series.
1.45 **999: Emergency Call Out** Documentary.
2.35 **to 3.00** AM **Criminals: Caught on Camera**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Outback Truckers**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
12.00 NOON FILM **Rio Grande** Western. (1950, b/w, U, 107min) ★★★★
2.10 PM FILM **Carson City** Western adventure. (1952, U, 87min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Andy deals with a case of criminal damage. **7.00** A raid reveals a crowbar-wielding suspect. **8.00** Two men in a van have a dangerous race.
9.00 FILM **Big Trouble in Little China** Fantasy adventure. (1986, 15, 100min) ★★★
11.05 FILM **Universal Soldier: The Return** Adventure. (1999, 18, 83min) ★★
12.50 AM **999: Criminals Caught on Camera**
1.50 **Trucking Hell**
2.55 **to 3.00** AM **Entertainment News**

W

132/133 827 125 25 156

6.10 AM **Young Vets**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition Today's service challenge is set on a farm in Victoria.
8.00 **Inside the Ambulance** Paramedic crews attend an explosion and a motorcyclist who has spun off the road.
9.00 **24 Hours in A&E** A 22-year-old police officer is admitted after crashing her motorbike.
10.00 **999 Rescue Squad**
11.00 **Louis Theroux: Law & Disorder in Lagos**
12.00 M'T **One Born Every Minute** Documentary.
1.00 **to 3.00** AM **The Hairy Bikers' Northern Exposure**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **Pie in the Sky**
3.05 **Bergerac**
4.15 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **'Allo 'Allo!**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *The Grinning Man:* Jonathan is stumped by disappearances in a Gothic mansion.
10.35 **New Tricks** *The Girl Who Lived:* Retired detective Steve McAndrew arrives to help the team.
11.55 **Silent Witness**
2.10 AM **The Upper Hand**
2.35 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A radiator.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
4.00 **Animal Cops Phoenix**
5.00 **Ambulance**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **The Bad Skin Clinic**
10.00 **Say Yes to the Dress with Tan France** New edition Reality show.
11.00 **Ghost Adventures**
12.00 M'T **The Osbournes Want to Believe**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Money for Nothing**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Catchphrase**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** Guests Esther Rantzen, John Virgo and Edith Bowman take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

8.10 AM **Wild West Chronicles** Double bill.
9.10 **FILM They Rode West** Western. (1954, U) ★★
10.50 **Operation Valkyrie**
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM **FILM The Nevadan** Western. (1949, U) ★★
2.45 **FILM Utah Blaine** Western. (1957, U) ★★
4.25 **War Machines**
5.35 **FILM The Enemy General** Drama. (1960, b/w, U, 74min) ★★
7.10 **FILM Meteor Moon** Sci-fi adventure. (2020, PG, 80min) ★★
9.00 **FILM Passchendaele** War drama. (2008, 15, 109min) ★★★
11.25 **FILM Stash House** Thriller. (2012, 15) ★★
1.25 AM **FILM Hard Luck** Crime thriller. (2006, 18, 101min) ★★★
3.30 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM **FILM Stalked by My Mother** Thriller. (2016, 12, 90min) ★★
11.00 **FILM In Bed with a Killer** Crime thriller. (2019, PG, 92min) ★★
1.00 PM **FILM Campus Caller** Thriller. (2016, 12) ★★
3.00 **FILM How to Con a Con: An Aurora Teagarden Mystery** Crime thriller. (2020, PG, 90min) ★★
4.50 **FILM National Security** Comedy. (2003, 12) ★
6.40 **FILM Vertical Limit** Adventure. (2000, 12, 124min) ★★★
9.00 **FILM The Missing** Western. (2003, 15, 137min) ★★★★
11.40 **FILM Ain't Them Bodies Saints** Drama. (2013, 15) ★★★★
1.35 AM **FILM Seraphim Falls** Western. (2006, 15, 111min) ★★★★
4.00 **to 6.00** AM **FILM The Student** (2017) ★★
+1 hour 322 61

GREAT! christmas
319 424 52 303

8.00 AM **FILM Her Magical Christmas** (2017) ★★
10.00 **FILM Magic Stocking** Drama. (2015, PG) ★★
12.00 NOON **FILM The Perfect Christmas Village** Fantasy. (2018, PG) ★★
2.00 PM **FILM Correcting Christmas** (2014) ★★
4.00 **FILM A Bride for Christmas** Drama. (2012, PG, 90min) ★★
6.00 **FILM A Christmas Wedding Date** Comedy. (2012, PG, 90min) ★★
8.00 **FILM Runaway Christmas Bride** Drama. (2017, PG, 90min) ★★
10.00 **FILM Marry Me at Christmas** Drama. (2017, PG, 90min) ★★
12.00 M'T **FILM A Song for Christmas** Drama. (2017, PG, 90min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Christmas Dance** Drama. (2021, PG) ★★
+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 15/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **Star Trek: Deep Space Nine** 23/26. (S3)
11.00 **FILM End of the World** Drama. (2018, PG) ★★
12.50 PM **Legend Lowdown**
1.00 **FILM Force of Impact** Thriller. (2005, PG) ★★
2.50 **Legend Lowdown**
3.00 **FILM An Eye For An Eye** Drama. (1966, U) ★★
4.50 **Legend Lowdown**
5.00 **Star Trek** 1/24. (S3)
6.00 **Star Trek: Deep Space Nine** 24/26. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM First Kill** Thriller. (2017, 15, 97min) ★★
11.00 **FILM Legacy of Lies** Action thriller. (2020, 15, 101min) ★★
1.00 AM **FILM Sniper: Special Ops** (2016, 15) ★★
2.45 **to 4.30** AM **FILM The Neighbour** Thriller. (2016, 18) ★★★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal...**
2.00 **Gold Divers: Under the Ice** Double bill.
4.00 **Wheeler Dealers**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Aussie Gold Hunters**
9.00 **Barnwood Builders** New edition In Virginia.
10.00 **Maine Cabin Masters** New edition
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Barefoot Contessa**
9.00 **The Kitchen**
10.00 **Gok Wan's Easy Asian**
11.00 **Michel Roux's...**
12.00 NOON **Great British...**
3.00 PM **The Hairy Bikers' Food Tour of Britain**
4.00 **Barefoot Contessa**
5.00 **The Pioneer Woman**
6.00 **James Martin's Feasts**
7.00 **Great British Bake Off**
8.00 **Michel Roux's Provence Masterclass**
9.00 **James Martin's American Adventure**
10.00 **The Hairy Bikers'...**
11.00 **Diners, Drive-Ins and Dives: Triple D Nation** New editions Double bill.
12.00 M'T **Guy's Grocery Games** Mediterranean.
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Cheap Eats** New editions
+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S6)
11.00 **Home Improvement**
1.00 PM **Last Man Standing**
2.00 **Friends** (S2&3)
7.00 **Friends** 2/25. Ross prepares to make an important speech. **7.30** 3/25. Guest stars David Arquette. **8.00** 4/25. Monica starts work in a restaurant. **8.30** 5/25. Actor Isabella Rossellini drops into Central Perk. (S3)
9.00 **Michael McIntyre's Big Show** With guests Rob Beckett, Years & Years and Bruno Tonioli.
10.00 **Ahir Shah: Dots**
11.20 **Rhod Gilbert's Growing Pains**
12.20 AM **Digman!** (S1)
12.50 **South Park** (S24&25)
2.20 **Beavis and Butt-Head**
2.35 **Key & Peele**
3.25 **Criminally Funny**
4.10 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Guessable?**
10.00 **Takeshi's Castle**
11.00 **Friends** (S2&3)
1.00 PM **Impractical Jokers: Inside Jokes**
3.00 **The Middle** (S4)
5.00 **Last Man Standing** (S1)
7.00 **Home Improvement** Four episodes of the sitcom, including at: **8.30** 1/25. Tim suffers a mid-life crisis. (S7)
9.00 **Friends** 23/24. Carol finally gives birth. **9.30** 24/24. Ross's true feelings for Rachel are revealed. (S1)
10.00 **South Park**
12.00 M'T **Ugly Americans**
2.00 AM **Demetri Martin: Person** Stand-up show.
3.00 **John Mulaney: New in Town** Stand-up comedy.
3.45 **Ugly Americans**
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
7.45 **Weird or What? with William Shatner**
8.40 **Ancient Aliens**
10.40 **Curse of Oak Island**
11.40 **River Hunters**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Weird or What? with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **The UnXplained with William Shatner**
10.00 **Strange Evidence** New edition
11.00 **Secrets in the Ice**
12.00 M'T **Curse of Oak Island**
1.00 AM **Weird or What? with William Shatner**
2.00 **Auction Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Flipping Bangers**
5.00 **to 6.00** AM **Pawn Stars**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Cash in the Attic**
10.00 **GPs: Behind Closed Doors** Documentary.
11.00 **The Yorkshire Vet**
1.00 PM **World's Most Scenic Railway Journeys**
2.00 **The Yorkshire Vet**
4.00 **The Highland Vet**
5.00 **Ben Fogle: New Lives in the Wild** From Laos.
6.00 **World's Most Scenic Railway Journeys**
7.00 **Buried Secrets of WWII**
8.00 **Nazi Megastructures** Exploring Japan's use of suicide pilots. **9.00** The 600km Siegfried Line.
10.00 **Draining New York: What Lies Beneath?** Secrets beneath the ocean around New York.
11.00 **Nazi Megastructures**
12.05 AM **Forged in Fire**
1.00 **Forged in Fire Tournament of Champions**
2.00 **to 3.00** AM **World War II in Colour**

HGTV
158 191 44 166

7.00 AM **Renovation Island**
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Renovation Island**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **Hotel Inspector: You're Fired**
9.00 **Brother Vs. Brother**
10.00 **Good Bones: Risky Business** New edition Mina races to complete her Victorian project.
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **Renovation Island**
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Forensics**
1.00 PM **Fatal Vows** A woman's relationship leads to a murder. **2.00** An American football player who stabbed his wife to death.
3.00 **Medical Detectives** A nurse discovers she is HIV positive. **3.30** A film plot gives investigators clues to the murder of a woman. **4.00** A rare clue helps police track down a killer of a teenage girl. **4.30** A man is found shot dead in his home.
5.00 **Forensics** The death of an Auckland taxi driver. **6.00** A 15-year-old girl goes missing.
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Forensics**
3.00 **Fatal Vows**
4.50 **Medical Detectives**
5.40 **to 6.00** AM **Judge Judy**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints** Documentary.
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **Say Yes to the Dress**
8.00 **1000lb Sisters**
10.00 **Sister Wives** New edition
11.00 **My Big Fat American Gypsy Wedding** New edition
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Sister Wives**
3.00 **My Big Fat American Gypsy Wedding**
4.00 **1000lb Sisters**
5.00 **to 6.00** AM **Flip or Flop**
+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM **FILM Monster Hunters** Action thriller. (2020, 15, 88min) ★
10.00 **Farscape** 7/22. (S3)
11.00 **FILM Earth's Final Hours** Sci-fi thriller. (2011, 12, 84min) ★★
1.00 PM **FILM San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
3.00 **Farscape** 7/22. (S3)
4.00 **The Prisoner** 5/17. (S1)
5.00 **FILM Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
7.00 **Farscape** 8/22. (S3)
8.00 **The Prisoner** 6/17. (S1)
9.00 **FILM Mercy Black** Horror starring Austin Amelio, Daniella Pineda and Lee Eddy. (2019, 15, 88min) ★★
10.50 **FILM It Follows** Horror with Maika Monroe and Keir Gilchrist. (2014, 15, 96min) ★★★★
1.00 **to 3.00** AM **FILM Mercy Black** As 9.00pm.
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Air Ambulance ER**
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 NOON **Highway Patrol**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted**
4.00 **Quantum Leap** (S1)
6.00 **DC's Legends of Tomorrow** (S2)
8.00 **Highway Patrol**
9.00 **The Force: Manchester**
10.00 **The Russell Howard Hour** Topical comedy.
11.00 **Never Mind the Buzzcocks** Music quiz.
11.45 **Brit Cops: Law & Disorder** Documentary.
12.45 AM **Highway Patrol**
1.15 **Air Ambulance ER**
2.10 **A League of Their Own**
3.05 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Wags Miami**
8.00 **Keeping Up with the Kardashians**
10.00 **Famously Single**
11.00 **Big Rich Texas**
12.00 NOON **Botched**
1.00 PM **Revenge Body with Khloe Kardashian**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Dee Stein has her failing 3,000cc saline implants removed. **8.00** Dr Nassif helps a man whose doctor left a thumbprint on his nose.
9.00 **Keeping Up with the Kardashians** Kim plans a vow renewal ceremony for her and her husband. **10.00** Khloe's ex-husband Lamar releases a memoir.
11.00 **Big Rich Texas**
12.00 M'T **Dr 90210**
1.00 AM **Wags Miami**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **Salvage Hunters**
1.00 PM **Deadliest Catch**
3.00 **Alaskan Bush People**
4.00 **Secret History of the Sphinx**
5.00 **Wheeler Dealers** The team work on a 1977 Honda CVCC.
6.00 **Salvage Hunters** Drew Pritchard scours a Victorian wool mill based in Bradford.

9.00 Deadliest Catch

7.00 **Wheeler Dealers** Mike and Ant reminisce about the experiences they have had in the series, including bonus footage.

8.00 **Outback Truckers** Justin Harrison is put in a precarious situation when his gear box fails while high up on a mountain.

9.00 **Deadliest Catch** New edition Life aboard ship in the Alaskan crab-fishing fleet, following the successes and failures of crewmen as they risk harsh conditions in the course of their work.

11.00 **Expedition X** Jess and Phil venture deep into the Ozarks to investigate a mysterious predatory beast.
12.00 M'T **How the Universe Works** Rules of the universe.
1.00 AM **Deadliest Catch**
3.00 **to 5.00** AM **Alaska: Homestead Rescue**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Tanked** The Mob Museum makes ATM an offer.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Celebrity Animal Encounters**
3.00 **Crocodile Hunter: Best of Steve Irwin** In Madagascar.
4.00 **My Cat from Hell**
5.00 **Lone Star Law** A routine check for a fishing license takes an unexpected turn.
6.00 **Tanked** An exotic fish tank.

8.00 Tiger Shark Beach

7.00 **Pit Bulls & Parolees** A disabled veteran comes to Villalobos to find a pair of dogs to help with his depression.

8.00 **Tiger Shark Beach** A look at facts about the tiger shark's life cycle, including where they give birth, mate and gestate.

9.00 **Isle of Jaws: Blood Brothers** The mystery of where great white sharks mate, and where their pups are born.

10.00 **Edge of Alaska** Neil prepares to reopen the Motherlode mine, but a new arrival could bring an end to his empire.

11.00 **The Zoo** Howie the rescued wallaby is ready to be relocated to Arizona.
12.00 M'T A beloved red river hog needs eye surgery.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Drain the Oceans**
11.00 **Lost Treasures of Egypt**
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Nazi Megastructures**
4.00 **Ice Road Rescue**
5.00 **Car S.O.S** The boys take on a 1963 Citroen HY Van.
6.00 **Seconds from Disaster** An insight into the events that led to the nuclear accident in Fukushima, Japan, in 2011.

8.00 Airport Security: Rome

7.00 **Air Crash Investigation** The disappearance of a turboprop plane approaching a remote airport in Indonesia.

8.00 **Airport Security: Rome** At Italy's busiest airport, police seize cocaine soaked in pyjamas and hidden in a stuffed animal.

9.00 **21st Century Sex Slaves** Investigators and a special forces unit hunt down a notorious sex trafficking ring.

10.00 **Drug Lords: The Takedown** DEA agents pull off the biggest indictment in US history.
11.00 **Air Crash Investigation**
12.00 M'T **Banged Up Abroad**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Bid & Destroy**
2.55 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Forged in Fire**
8.00 **Storage Wars Canada**
9.00 **Pawn Stars**
10.00 **Craig Charles: UFO Conspiracies**
11.00 **Shipwrecks: When History Resurfaces** Double bill.
1.00 PM **Storage Wars Canada**
2.00 **Ultimate Mysteries**
4.00 **Britain's Most Historic Towns**
5.00 **Pawn Stars** A ceramic owl 'made' by Pablo Picasso.
6.00 **American Pickers** The history of a legendary hotel.

10.00 Egypt's Unexplained Files

7.00 **Forged in Fire** The show's fans take the reigns and choose the challenges, weapons and tests.

8.00 **Swamp People** New edition Troy and Pickle hunt the waters of the swamp, while Ronnie wrestles a cannibal Gator.

9.00 **Curse of Skinwalker Ranch** New edition The team members turn their focus back to the mesa and get more evidence.

10.00 **Egypt's Unexplained Files** New edition An exploration of crime and punishment in the ancient Egyptian era.

11.00 **Empire Builders** New edition Violent struggles in Mexico.
12.00 M'T **Pawn Stars**
1.00 AM **Storage Wars Canada**
2.00 **Forged in Fire**
3.00 **Swamp People**
4.00 **Forged in Fire**
5.00 **to 6.00** AM **Britain's Most Historic Towns**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Sounds of the Seventies**
7.15 **Impossible Engineering**
8.00 **Abandoned Engineering**
10.00 **VE Day: Countdown to Peace**
11.00 **World War Weird**
12.00 NOON **Great Indian Railway Journeys** Michael Portillo travels from Jodhpur to Delhi.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **World War Weird**
5.00 **Rise of the Nazis** How Hitler's party seized power in Germany.
6.00 **Great British Railway Journeys** Double bill.

9.00 Mediterranean...

7.00 **Antiques Roadshow** Artefacts include an impressive crossbow and a collection of plans for *RMS Mauretania*.

8.00 **Great Continental Railway Journeys** Michael ventures on a rail journey through Germany, beginning in Berlin.

9.00 **Mediterranean with Simon Reeve** Simon discovers the roots of Christianity and goes on patrol with peacekeepers.

10.00 **Bangers & Cash** A near-perfect 50s Chevy panel van and a Capri tempt auctioneer Derek out of Yorkshire.

11.00 **Abandoned Engineering** Exploring a series of vaults in Edinburgh, Scotland.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Great British Landmark Fixers** The Royal Albert Hall.
2.00 **to 3.00** AM **Sounds of the Seventies**

+1 hour 255 329 74

Wednesday

7 PM

8 PM

9 PM

10 PM

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Fantomworks**
12.00 NOON **Love Your Garden**
1.00 PM **Money for Nothing**
2.00 **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A suit of armour.
6.00 **Wheeler Dealers: Dream Car**
7.00 **Outback Opal Hunters** Chris Cheal's dream of two mining teams struggles to launch.
8.00 **Salvage Hunters** Drew Pritchard road trips to Cornwall for a major buying mission.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Ambulance**
2.00 **Fantomworks**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **FBI Files** Two linked robberies.
11.00 **Forensic Detectives**
12.00 NOON **Evil Online**
1.00 PM **Reasonable Doubt**
2.00 **Disappeared**
3.00 **Murder on CCTV**
4.00 **Diabolical: Deadly Love**
5.00 **Say Yes to the Dress: UK**
6.00 **Say Yes to the Dress**
7.00 **Long Lost Family**
8.00 **The Killer in My Family**
9.00 **Murder on CCTV**
10.00 **American Monster** How resentment festered in a marriage, leading to a 911 call.
11.00 **High Speed Chase** New edition A stop for speeding soon turns personal when a deputy comes within inches of death.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** Handwriting experts help with a murder case after a mother-of-two vanishes.
7.30 A professor helps detectives with a case.
8.00 **48 Hours** Michelle Martinko was left fighting for her life after being attacked in a car park, but her attacker's blood leads police straight to them.
9.00 **Real Detective** A Montana cop is forced to enter the world of a ritualistic child killer.
10.00 **Bloodline Detectives** New edition A look back at the murder of a 23-year-old woman who was savagely raped and strangled to death.
11.00 **Inside Crime**
12.00 M'T **Fatal Vows**
1.00 AM **Real Detective**
2.00 **Bloodline Detectives**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Border Security: Canada's Front Line** Double bill.
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Murdered at First Sight**
2.00 **The Real Manhunter: The Murder of Bridget 'Bridie' Skehan** Documentary.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **When Life Means Life**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Forensics: Catching the Killer**
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 M'T **Killer in My Village**
1.00 AM **Britain's Most Evil Killers**
2.00 **Killer Siblings**
3.00 **When Life Means Life**
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **The War** As 6.30pm.
9.40 **Auschwitz in 33 Objects**
10.50 **Inside Japan's War**
11.55 **The Good Nazi**
1.00 PM **Mutant Weather**
2.00 **The War** As 6.30pm.
3.05 **Auschwitz in 33 Objects**
4.15 **Inside Japan's War**
5.20 **The Good Nazi**
6.30 **The War** The violence in the Pacific during early 1945.
7.35 **Auschwitz in 33 Objects** Stories of the prisoners of Auschwitz Birkenau.
8.40 **Inside Japan's War** The experiences of those in the occupied territories and attempts at guerrilla warfare.
9.50 **The Good Nazi** The story of Major Karl Plagge, a high-ranking Nazi officer who risked his own life to save hundreds of people, in a story reminiscent of *Schindler's List*.
10.55 **Auschwitz in 33 Objects**
12.00 M'T **Inside Japan's War**
1.05 **to 2.00** AM **Beautiful Serengeti**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Harrow: A Very British School** Documentary.
7.00 **Discovering: John Malkovich**
8.00 **The Directors**
9.00 **Rolling Stone: Stories from the Edge**
10.00 **The Movies**
10.50 **Allen v. Farrow**
12.00 NOON **The Capote Tapes**
2.00 PM **Seve** Documentary.
4.00 **The Directors**
5.00 **Discovering: John Malkovich**
6.00 **Rolling Stone: Stories from the Edge**
7.00 **The Movies**
7.50 **Allen v. Farrow** 3/4. Mia tries to shield Dylan from the trauma of repeated questioning.
9.00 **Telemarketers** 3/3. The murky truth behind a seedy New Jersey call centre.
10.15 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
12.15 AM **Brazil 2002**
2.00 **Everton: Howard's Way**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: John Malkovich**

Sky Nature

124/125 822 189 354 369

6.00 AM **Dogs with Extraordinary Jobs** Documentary.
7.00 **Monkey Life**
8.00 **Rewilding**
9.00 **Africa's Underwater Wonders**
10.00 **Wild Tales from the Farm**
11.00 **Wildlife ER**
12.00 NOON **Extreme Animals...**
1.00 PM **Monkey Life**
2.00 **Rewilding**
3.00 **Africa's Underwater Wonders**
4.00 **Wild Tales from the Farm**
5.00 **Wildlife ER**
6.00 **Extreme Animals: One Wild Day** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Brazil Untamed**
9.00 **Wildlife ER**
10.00 **Extreme Animals: One Wild Day** Documentary.
11.00 **Wildlife ER**
12.00 M'T **Secrets of Wild Australia**
1.00 AM **Great Lakes Wild**
2.00 **Brazil Untamed**
3.00 **Wildlife ER**
4.00 **Rewilding**
5.00 **to 6.00** AM **Africa's Underwater Wonders**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
7.00 **Ancient Aliens: The Ultimate Evidence**
8.00 **Brad Meltzer's Decoded**
9.00 **Craig Charles: UFO Conspiracies**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Instruments of Death**
3.00 **Ideas That Changed the World** A look at the development of aeroplanes.
4.00 **Monument Guys**
5.00 **Cities of the Underworld**
6.00 **Ancient Murders Unearthed**
7.00 **What on Earth?**
8.00 **Alexander the Great**
9.00 **Britain in Colour**
10.00 **Britain's Most Historic Towns** Alice Roberts explores Cardiff's Edwardian past.
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Ancient Aliens**
2.00 AM **The UnXplained with William Shatner**
3.00 **Human Weapon**
4.00 **to 6.00** AM **Instruments of Death**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Homicide: Hours to Kill**
10.00 **Killer in Plain Sight**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **#Textmewhenyougethome**
2.00 **Imperfect Murder**
3.00 **Green Eyed Killers**
4.00 **Killer Britain with Dermot Murnaghan**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Homicide: Hours to Kill**
9.00 NEW SERIES **#Textmewhenyougethome** The case of Madison Nygard.
10.00 **Phrogging: Hider in My House**
11.00 **Homicide Hunter**
12.00 M'T **Cruise Ship Killers**
1.00 AM **#Textmewhenyougethome**
2.00 **Killer Britain with Dermot Murnaghan**
3.00 **#Textmewhenyougethome**
4.00 **Homicide: Hours to Kill**
5.00 **to 6.00** AM **Fear Thy Neighbour**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Wild New Zealand**
10.00 **World's Deadliest**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Monster Snakes**
3.00 **Dragon Island**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Wicked Tuna: Outer Banks Showdown**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Snakes in the City** New edition It's the monsoon season in Mysore, and there are snakes everywhere.
9.00 **Wild Russia: Earth's Last Great Wilderness** The far east of Russia.
10.00 **Legend of the Giant Squid**
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Wicked Tuna: Outer Banks Showdown**
2.00 **Sharkcano: Hawaii**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **Unsolved History**
8.00 **Ultimate Warfare**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: The Restorers**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **Aircrash Unsolved: The Mystery of Helios 522**
3.00 **Blowing Up History**
4.00 **Mysteries at the Museum**
5.00 **Ultimate Warfare**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: The Restorers**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Monster Ships**
3.00 PM **Monster Ships** A look at the world's biggest ships, beginning with the *Saipem 7000* as she sails from Stavanger in Norway to the Ula Oilfields.
4.00 A look at the work carried out by *ONE Columba*, which is capable of carrying 14,000 shipping containers.
5.00 Following *Algoma Sault* on a 2,000km odyssey across the Great Lakes.
6.00 Travelling continually as a transport conveyor, *Thermopylae* is a vital delivery service with companies all over the world depending on her speed, efficiency and reliability.
7.00 The *MV Helgafell*, a reinforced-hulled vessel designed to operate throughout the harsh North Atlantic.
8.00 A profile of the *Royal Clipper*, officially the largest square-rigged ship in the world.
9.00 **Monster Ships**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Murder Comes to Town**
6.00 **Forensic Detectives**
7.00 **People Magazine Investigates**
8.00 **True Conviction** Focusing on the case of Barbara Rowan.
9.00 **Faking It: Tears of a Crime** The case of Harold Shipman, looking at how millions watched the GP speaking on TV discussing the benefits of care, not knowing he'd already killed dozens of patients.
10.00 **Cops UK: Bodycam Squad**
12.00 M'T **True Conviction**
1.00 AM **Betrayed**
2.00 **Evil Lives Here**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Extreme RVs**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Shipwreck Men**
4.00 **Vintage Voltage**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers** Mike and Ant take on a 1968 International Harvester Travelall.
8.00 **Vintage Voltage** Richard converts a BMW Batmobile into a speedy electric.
9.00 **Extreme RVs**
10.00 **Shipwreck Men**
11.00 **Mega Shippers**
12.00 M'T **Vintage Voltage**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Tár** As shown at 12.35pm.
8.40 **Something in the Dirt** (2022)
10.40 **Knock at the Cabin** As 7pm.
12.35 PM **Tár** Drama starring Cate Blanchett. (2022, 15) ★★★★
3.15 **Marcel the Shell with Shoes On** Animated family comedy. (2021, PG, 90min) ★★★★
5.00 **Something in the Dirt** Comedy drama starring Justin Benson. (2022, 15, 116min) ★★★★
7.00 **Knock at the Cabin** Horror. (2022, 15, 100min) ★★★★

5.00 **Something in the Dirt**

Knock at the Cabin (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **God Is a Bullet** Crime thriller starring Nikolaj Coster-Waldau. A former detective infiltrates the cult that murdered his ex-wife and kidnapped his daughter with the help of its only escapee. With Maika Monroe. (2023, 18, 156min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

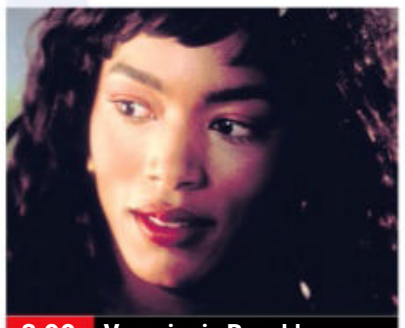
11.15 **Swallowed** Horror starring Cooper Koch and Jena Malone. (2022, 18, 96min) ★★
2.00 AM **Simulant** Sci-fi thriller starring Robbie Amell, Jordana Brewster and Simu Liu. (2023, 15, 95min) ★★★
3.50 **Marcel the Shell with Shoes On** As shown at 3.15pm.
5.35 **to 6.35** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.00 AM **Final Score** As 2.00am.
7.55 **Moonshot** As 4.00am.
9.50 **Twilight** Supernatural thriller. (2008, 12, 122min) ★★★
11.55 **Letters to Juliet** Comedy. (2010, PG, 105min) ★
1.45 PM **Bad Neighbours 2** Comedy sequel. (2016, 15) ★★
3.30 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
5.45 **The Twilight Saga: New Moon** Supernatural thriller. (2009, 12, 125min) ★★★



8.00 **Vampire in Brooklyn**

8.00 **Vampire in Brooklyn** Horror comedy starring Eddie Murphy as a suave vampire who comes to New York to seek a mate. With Angela Bassett, Allen Payne and Kadeem Hardison. (1995, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Pain & Gain** Dark crime comedy based on the true story of a trio of bodybuilders who went on a kidnapping and extortion spree in 1990s Miami. Stars Mark Wahlberg, Dwayne Johnson, Anthony Mackie and Tony Shalhoub. (2013, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Raid** Action thriller. (2011, 18, 101min) ★★★★
2.00 **Final Score** Action drama. (2018, 15, 104min) ★★★
4.00 **to 6.00** AM **Moonshot** Romantic sci-fi comedy. (2022, 12, 104min) ★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **Emily** As 3.25am.
9.40 **Footloose** Dance drama remake. (2011, 12, 113min) ★★★
11.40 **Call Me By Your Name** Drama. (2017, 15, 136min) ★★★★★
1.55 PM **Manchester by the Sea** Drama. (2016, 15) ★★★★★
4.15 **Brooklyn** Period drama. (2015, 12, 109min) ★★★★
6.10 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★

8.00 **The King's Speech** Oscar-winning royal drama starring Colin Firth, Geoffrey Rush and Helena Bonham Carter. An unconventional speech therapist is the future George VI's last hope to cure his crippling stammer. With Guy Pearce and Derek Jacobi. (2010, 12, 118min) ★★★★★
10.05 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★

12.05 AM **It Is in Us All** Drama. (2022, 15, 92min) ★★★★
1.45 **Staying Alive** Dance drama sequel. (1983, PG, 96min) ★
3.25 **Emily** Period drama. (2022, 15, 130min) ★★★★
5.40 **to 7.25** AM **Lassie** Adventure. (2005, PG, 100min) ★★★★

Sky Cinema Dystopia

311 311 411 511 525

6.40 AM **Wifelike** As 4.55am.
8.35 **Voyagers** As 2.35am.
10.25 **Firestarter** Horror thriller. (2022, 15, 94min) ★★★
12.10 PM **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★
2.10 **Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★
4.10 **Biosphere** Comedy drama. (2022, 15, 106min) ★★★

6.00 **Back to the Future Part III** Time-travelling adventure and comedy Western starring Michael J Fox, Christopher Lloyd and Mary Steenburgen. Marty McFly learns that Doc is stranded in the Wild West. (1990, PG, 112min) ★★★★
8.00 **Nope** Jordan Peele's sci-fi thriller starring Daniel Kaluuya. (2022, 15, 130min) ★★★★
10.15 **Species** Sci-fi thriller with Ben Kingsley and Michael Madsen. (1995, 18, 108min) ★★★

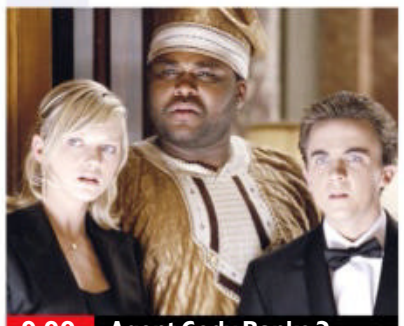
12.10 AM **The Lawnmower Man** Thriller starring Pierce Brosnan. (1992, 15, 105min) ★★★
2.35 **Voyagers** Sci-fi thriller. (2020, 15, 108min) ★★★
4.30 **The Cinema List: The 90s**
4.55 **to 6.50** AM **Wifelike** Sci-fi thriller. (2022, 15, 101min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.15 AM **Robo-Dog** Adventure. (2015, PG, 87min) ★★★
7.50 **Agent Cody Banks 2...**
9.35 **Step Dogs** As 10.45pm.
11.05 **Lyle, Lyle, Crocodile** Musical. (2022, PG, 106min) ★★★
12.55 PM **Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
2.40 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
4.00 **Matilda** (1996, PG) ★★★★
5.45 **Looney Tunes: Back in Action** Comedy. (2003, PG) ★★★


9.00 Agent Cody Banks 2

7.20 **Dakota** Drama starring Abbie Cornish, Tim Rozon and William Baldwin. (2022, PG, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Agent Cody Banks 2: Destination London** Comedy sequel starring Frankie Muniz. Teenage spy Cody Banks tries to retrieve a top-secret mind-control device. (2004, PG, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Step Dogs** Family comedy with Joris Jarsky and Ryan Belleville. (2013, U, 82min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Horse Dancer** Drama. (2017, PG, 114min) ★★★
2.10 **Joey & Ella: A Kangaroo Tail** Adventure starring Ashton Leigh. (2021, U, 89min) ★★
3.45 **Ghost Squad** Adventure. (2015, PG, 86min) ★★★
5.15 **to 6.35** AM **Daphne & Velma** Comedy. (2018, PG) ★★

Sky Cinema Action

307 307 407 507 521

6.20 AM **One Shot** Action thriller. (2021, 15, 96min) ★★
8.00 **Ambulance** As 12.30am.
10.20 **Batman & Robin** Fantasy. (1997, PG, 125min) ★★
12.30 PM **Vertical Limit** Adventure thriller with Chris O'Donnell. (2000, 12, 124min) ★★★
2.40 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
5.30 **Inception** Christopher Nolan's thriller with Leonardo DiCaprio. (2010, 12, 148min) ★★★★★

5.30 Inception

8.00 **Black Adam** Fantasy adventure starring Dwayne Johnson. Centuries after he was bestowed with the powers of Egyptian gods, a former slave is freed from his earthly tomb. With Aldis Hodge and Pierce Brosnan. (2022, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Island** Sci-fi thriller starring Ewan McGregor. In the year 2019, one of the inhabitants of a hermetically sealed facility makes a shattering discovery about the purpose of his existence. (2005, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Ambulance** Crime drama. (2022, 15, 136min) ★★★★
2.50 **Riders of Justice** Danish action comedy. Subtitled. (2021, 15, 116min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **Carry On Teacher** (1959)
8.00 **Ride Along** As 4.15am.
9.45 **Furry Vengeance** As 2.40am.
11.20 **Ace Ventura: When Nature Calls** Comedy. (1995, PG) ★★
1.00 PM **The Dictator** Comedy. (2012, 15, 83min) ★★★
2.30 **Dad's Army** Wartime comedy. (2016, PG, 98min) ★★★
4.15 **The Fighting Temptations** Musical. (2003, PG) ★★★
6.20 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★

10.05 Not Another Teen Movie

8.00 **Everybody Wants Some!!** Director Richard Linklater's comedy starring Blake Jenner and Juston Street. A group of college baseball players enjoy a raucous weekend while preparing to start university in 1980. (2016, 15, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Not Another Teen Movie** Spoof starring Chyler Leigh and Chris Evans. (2001, 15, 89min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **How to Deter a Robber** Crime comedy starring Vanessa Marano, Gabrielle Carteris and Chris Mulkey. (2021, 15, 85min) ★★★
1.10 AM **Carry On Teacher** Comedy starring Ted Ray. (1959, b/w, U, 86min) ★★★
2.40 **Furry Vengeance** Comedy. (2010, PG, 88min) ★★
4.15 **to 6.00** AM **Ride Along** Police comedy starring Ice Cube. (2014, 12, 97min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.05 AM **Sky Cinema Preview**
7.35 **The Outfit** (2022, 15) ★★★
9.35 **Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15) ★★★★
11.35 **Focus** As shown at 10.20pm.
1.25 PM **Cinema List: Whodunnit?**
1.40 **Prisoners** (2013, 15) ★★★★
4.20 **Haywire** Action thriller. (2012, 15, 88min) ★★★★
6.00 **A Walk Among the Tombstones** Crime thriller. (2014, 15, 111min) ★★★

8.00 Vanilla Sky

8.00 **Vanilla Sky** Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. With Cameron Diaz and Kurt Russell. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Focus** Crime comedy starring Will Smith and Margot Robbie. A veteran con man's latest heist looks set to be scuppered by a face from his past. (2015, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Internal Affairs** Thriller. (1990, 18, 117min) ★★★★
2.10 **King of New York** Thriller. (1989, 18, 104min) ★★★★
3.55 **One Way** Action thriller. (2022, 15, 95min) ★★★
5.35 **to 6.05** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Appointment with Danger** Thriller. (1949, b/w, PG) ★★
12.50 PM **The File on Thelma Jordon** Vintage thriller. (1949, b/w, PG, 100min) ★★★
2.55 **The War Lover** Melodrama. (1962, b/w, PG, 105min) ★★★
5.05 **Tucker: The Man and His Dream** Biographical drama. (1988, PG, 107min) ★★★★
7.15 **Johnny English Strikes Again** Comedy. (2018, PG) ★★★

9.00 Bohemian Rhapsody

Johnny English Strikes Again (film started at 7.15pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Bohemian Rhapsody** Biopic starring Rami Malek. While Queen become one of the biggest rock bands in the world, Freddie Mercury struggles with his personal life. With Lucy Boynton and Gwilym Lee. (2018, 12, 134min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.45 **Monster** Fact-based drama starring Charlize Theron as American serial killer Aileen Wuornos. With Bruce Dern and Christina Ricci. (2003, 18, 109min) ★★★★ **11 PM**
1.55 **to 3.40** AM **PREMIERE** **The Killing of Kenneth Chamberlain** Fact-based drama starring Frankie Faison. (2021, 12, 83min) ★★★

+1 hour 314 430 47 301

Sky Cinema Antiheroes

302 302 402 502 516

6.10 AM **Sky Cinema Preview**
7.10 **Old Henry** Western thriller. (2021, 15, 99min) ★★★★
9.05 **Sky Cinema Preview**
9.55 **The Sweeney** Action thriller. (2012, 15, 112min) ★★★
12.00 NOON **Billionaire Boys Club**
2.00 PM **Resident Evil** Sci-fi thriller. (2002, 15, 100min) ★★★
3.50 **2 Guns** Action thriller. (2013, 15, 104min) ★★★

5.50 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
8.00 **Suicide Squad** Fantasy starring Will Smith and Margot Robbie. A ragtag team of villains are strong-armed into doing good by a government agent. (2016, 15, 123min) ★★★
10.05 **Morbius** Adventure starring Jared Leto. A biochemist tries to cure himself of a rare blood disease, but inadvertently infects himself with a form of vampirism. (2022, 12, 104min) ★★

12.05 AM **Shaft** Crime thriller. (2000, 18, 99min) ★★★
2.00 **Rambo** Action drama sequel. (2008, 18, 92min) ★★★
3.45 **Billionaire Boys Club** Crime thriller. (2018, 15, 108min) ★
5.45 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.35 AM **The Warriors** Thriller. (1979, 15, 94min) ★★★
8.10 **Young at Heart** Musical. (1954, U, 117min) ★★★
10.15 **Legend** Fantasy adventure. (1985, PG, 94min) ★★★
11.50 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
2.20 PM **The Spy Who Came in from the Cold** As 11.55pm.

4.15 **Funny Face** Romantic musical. (1956, U, 103min) ★★★★
6.00 **Monster's Ball** Prison drama. (2002, 15, 111min) ★★★★
8.00 **Groundhog Day** Romantic fantasy comedy starring Bill Murray and Andie MacDowell. (1993, PG, 103min) ★★★★★
9.55 **Cry Macho** Western directed by and starring Clint Eastwood. (2021, 12, 104min) ★★
11.55 **The Spy Who Came in from the Cold** Spy thriller. (1965, b/w, PG, 107min) ★★★★

2.00 AM **Let's Dance** Musical starring Betty Hutton and Fred Astaire. (1950, U, 112min) ★★
4.00 **Double Jeopardy** Thriller with Rod Cameron and Gale Robbins. (1955, PG, 70min) ★★★
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.15 AM **DC Super Hero Girls: Intergalactic Games** (2017)
7.40 **The Ogglies** (2021, PG) ★★★
9.20 **Dogtanian and the Three...**
10.55 **Hotel Transylvania** Animated comedy. (2012, U, 91min) ★★★
12.35 PM **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
2.05 **The Cinema List: Epic Quest**
2.30 **Storks** Animated adventure. (2016, U, 87min) ★★★

4.00 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
5.40 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
7.10 **The Rugrats Movie** Animated comedy. (1998, U, 80min) ★★★
8.40 **Scooby-Doo! and the Gourmet Ghost** Animated comedy. (2018, U, 77min) ★★★
10.05 **DC Super Hero Girls: Intergalactic Games** Animated fantasy. (2017, PG, 77min) ★★★
11.30 **Dogtanian and the Three Muskehounds** (2021, U) ★

1.05 AM **Lego Scooby-Doo!: Haunted Hollywood** (2016, U) ★★★
2.25 **LEGO DC Comics Super Heroes: Justice League – Gotham City Breakout** (2016, U) ★★★
3.50 **Vic the Viking** (2019, U) ★★
5.20 **to 6.45** AM **Lego DC Shazam!: Magic & Monsters** (2020) ★★★

Movies 24

325 419

7.00 AM **Ships in the Night: A Martha's Vineyard Mystery** Drama. (2021, PG, 89min) ★★
9.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
11.00 **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
1.00 PM **A Time To Kill: Mystery 101** Drama. (2021, PG, 84min) ★★
3.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★

5.00 **Caribbean Summer** Comedy. (2022, PG, 84min) ★★
7.00 **Making Waves** Romantic comedy drama starring Holland Roden and Corey Cott. (2023, PG, 84min) ★★
9.00 **One Summer** Drama with Sam Page and Sarah Drew. A widower returns to his wife's home town and decides to restore the local lighthouse to its former glory. (2021, PG, 84min) ★★
11.00 **Mystery 101: Deadly History** Drama. (2021, PG, 84min) ★★

1.00 AM **Styled with Love** Romantic comedy starring Rachel Bles. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **A Love to Remember** Romantic drama. (2021, PG, 90min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Detectives** (S3)
7.00 **Wings of the Morning** Drama. (1937, U, 89min) ★★
8.45 **Freedom to Die** Crime thriller. (1961, b/w, PG, 62min) ★★
10.00 **Together** 10/26. (S1)
10.35 **Topper Returns** Comedy. (1941, b/w, U, 88min) ★★★
12.25 PM **Cinebox Memories**
12.30 **Night Ride** Vintage drama. (1937, b/w, U, 72min) ★★★

2.00 **Upstairs, Downstairs** (S5)
3.00 **Saddle Up**
3.05 **The Tall Men** Western. (1955, PG, 122min) ★★★
5.35 **Saddle Up**
5.40 **Johnny Ringo** (S1)
6.10 **For the Love of Ada** 1/7. (S3)
6.45 **Arrest Bulldog Drummond** Thriller starring John Howard. (1939, b/w, U, 57min) ★★★
7.55 **Cinebox Memories**
8.00 **Public Eye** 7/13. (S5)
9.05 **Love, Cheat & Steal** Thriller. (1993, 18, 95min) ★★

11.00 **Bait** Film noir crime drama. (1954, b/w, PG, 79min) ★★★
12.40 AM **The Monster Club** Horror. (1980, 15, 94min) ★★★
2.35 **The Ceremony** Crime drama. (1963, PG, 105min) ★★★
4.45 **to 6.00** AM **The Smart Aleck** Mystery. (1951, b/w, PG) ★★★

Wednesday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **LIVE International Netball New Zealand v England.** Coverage of game two of the three-match series, which takes place at Te Rauparaha Arena in Porirua. Centre-pass **7.30am**.
9.30 **Good Morning Sports Fans**
10.00 **The Football Show**
11.30 **LIVE The All-Star Ryder Cup** Coverage of the celebrity match, which takes place in Rome, as Colin Montgomerie and Corey Pavin captain teams including Novak Djokovic and Gareth Bale.
2.30 PM **Ryder Cup Golf** All the latest news, analysis and action from the 44th staging of the Ryder Cup.
7.00 **LIVE EFL Cup Newcastle United v Manchester City.** Coverage of the third-round match at St James' Park. The last time these teams met in this competition was in 2013/14, when the Magpies won 2-0 after goals from Rolando Aarons and Moussa Sissoko. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
9.30 **SNF** Brentford v Everton.
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years** Clips from the 1992/93 season.
3.00 **PL Greatest Games**
4.00 **Premier League Highlights**
5.30 **SNF** Brentford v Everton.
6.00 **Netbusters** Recent goals.
6.30 **Premier League Stories** A look at the career of David Seaman.
7.00 **Gillette Labs Soccer Special**
10.15 **Premier League Stories** A look at the career of former England goalkeeper David Seaman.
10.45 **Premier League Review** A look back at the weekend's action.
11.45 **Premier League Stories** A look at the career of former England goalkeeper David Seaman.
12.15 AM **PL Greatest Games** Aston Villa v Birmingham City from the 2007/08 season at Villa Park.
12.30 **Premier League Icons**
1.00 **Premier League Years** Moments of the 1993/94 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2014/15 play-offs.
9.00 **EFL Greatest Games**
10.00 **Championship Retro** West Ham United v Blackpool from 2011/12.
12.00 NOON **EFL Highlights**
12.30 PM **EFL Cup** A chance to see Manchester Utd v Crystal Palace.
2.30 **Bundesliga Highlights Show**
3.30 **Scottish Premiership Round-Up**
3.45 **SPFL Highlights**
4.00 **EFL Goals: Leagues 1 & 2**
4.30 **EFL Highlights**
5.00 **EFL Cup Highlights**
5.30 **EFL Highlights**
6.00 **EFL Goals: Leagues 1 & 2**
6.30 **EFL Cup Highlights**
7.00 **LIVE EFL Cup Newcastle United v Manchester City.** Coverage of the third-round fixture, which takes place at St James' Park. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL Greatest Games**
1.00 **Championship Season Review**
2.00 **EFL** From the 2017/18 season.
2.30 **EFL Rivalries** East Anglian Derby.
3.00 **EFL Cup Retro** The 2019 final.
5.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **How the 2015 ICC World Cup Was Won** A look at the path to success for the victorious team.
8.00 **Women's International One-Day Cricket** England v Sri Lanka: Highlights from the first ODI in the three-match series. **9.00** England v Sri Lanka: Action from the second ODI in the three-match series. **10.00** England v Sri Lanka: The third one-day international.
11.00 **One-Day International Cricket** England v Ireland: Action from the first match of the three-game series, staged at Headingley. **12.00** NOON England v Ireland: Action from the second match in the three-game series. **1.00** PM England v Ireland: Action from the third and final match of the series in Bristol.
2.00 **ICC Men's CWC Greatest Matches** The greatest Cricket World Cup matches in history.
9.00 **The Greatest Game** Charting the events of the 2019 ICC Men's Cricket World Cup.
11.00 **One-Day International Cricket** Action from England v Ireland.
5.00 **to 6.00** AM **Cricket World Cup**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Miracle in Medinah: The Story of the 2012 Ryder Cup**
8.00 **Solheim Cup Golf**
9.00 **Countdown to the Ryder Cup**
10.00 **Ryder Cup Captain's Dinner**
11.00 **Luke Donald: Cool Hand Luke**
11.30 **LIVE The All-Star Ryder Cup** Coverage of the celebrity match, which takes place in Rome, as Colin Montgomerie and Corey Pavin captain teams including the likes of Novak Djokovic, Gareth Bale, Carlos Sainz and more.
2.30 PM **Ryder Cup Golf** The latest news, analysis and action.
7.00 **Countdown to the Ryder Cup**
7.30 **The All-Star Ryder Cup**
10.30 **Ryder Cup Captain's Dinner**
11.30 **PGA Tour: The Cut**
12.00 M'T **My Ryder Cup**
12.30 AM **Celebrity Kop Club**
12.45 **My Ryder Cup**
1.00 **Countdown to the Ryder Cup**
1.30 **Luke Donald: Cool Hand Luke**
2.00 **PGA Tour: The Cut**
2.30 **My Ryder Cup**
4.00 **PGA Tour: The Cut**
4.30 **Countdown to the Ryder Cup**
5.00 **My Ryder Cup**
5.30 **Celebrity Kop Club**
5.45 **to 6.00** AM **My Ryder Cup**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **Premier League Netbusters**
6.30 **UEFA Champions League Goals Reload** Matchday one.
6.45 **Europa League Goals Reload**
7.00 **WWE Monday Night Raw**
9.30 **Premier League Netbusters**
10.00 **Fishing: On the Bank**
11.00 **V8 Supercars Highlights**
12.00 NOON **UEFA Champions League Magazine**
12.30 PM **The Football Archives: UEFA Champions League**
1.30 **Vanarama National League**
3.00 **Premier League: Big Interview**
3.30 **Premier League Netbusters**
4.00 **Premier League**
5.30 **LIVE Serie A Cagliari v AC Milan.** Kick-off 5.30pm.
7.30 **LIVE Serie A Inter Milan v Sassuolo** Kick-off 7.45pm.
9.45 **Rocky & Wrighty: From Brockley to the Big Time**
11.00 **MotoGP Highlights**
12.00 M'T **LIVE MLB** Coverage of a regular-season match.
3.30 AM **MLB Plays of the Week**
4.00 **Badminton Weekly**
4.15 **What I Wore** Owen Hargreaves.
4.30 **Ligue 1 Highlights**
5.30 **to 6.00** AM **UEFA Champions League Magazine**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **AFL** Action from two matches in the Finals Series.
10.00 **MotoGP** Highlights from the Grand Prix of India Moto3 race. **11.00** The Moto2 race. **12.00** NOON The Grand Prix of India MotoGP sprint race. **12.30** PM Highlights from the Grand Prix of India MotoGP race.
1.30 **MotoGP Chequered Flag**
2.30 **Serie A** Juventus v Lecce.
3.30 **Asia Cup Cricket**
5.30 **LIVE Serie A Verona v Atalanta.** The Italian top-flight match at Stadio Marcantonio Bentegodi. Kick-off **5.30pm**.
7.30 **TNT Sports Goals Reload**
7.45 **LIVE Serie A Napoli v Udinese.** Coverage of the Italian top-flight encounter, staged at the Stadio San Paolo. Kick-off **7.45pm**.
9.45 **Premier League Stories**
10.15 **Premier League Reload**
10.30 **UEFA Champions League Magazine** News and action.
11.00 **Ligue 1 Highlights**
12.00 M'T **UFC Fight Night** A replay of Rafael Fiziev v Mateusz Gamrot.
3.00 AM **UFC Reloaded**
5.30 **to 6.00** AM **MLB Plays of the Week**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Vanarama National League** Rochdale v Chesterfield.
7.30 **Serie A** Juventus v Lecce.
8.30 **Ligue 1 Highlights**
9.30 **Fight Night Live** Another chance to see Zhilei Zhang v Joe Joyce.
11.30 **Ligue 1** Monaco v Nice. **12.30** PM Nantes v Lorient. **1.30** Action from Brest v Lyon. **2.30** Metz v Strasbourg. **3.30** Lens v Toulouse.
4.30 **MotoGP Highlights** Action from the Grand Prix of India.
5.30 **LIVE Serie A Empoli v Salernitana.** Coverage of the match at Stadio Carlo Castellani. Kick-off **5.30pm**.
7.30 **TNT Sports Reload**
7.45 **LIVE Serie A Lazio v Torino.** Coverage of the match at Stadio Olimpico. Kick-off **7.45pm**.
9.45 **WWE NXT** The next generation of stars showcase their talents.
11.30 **WWE Raw Highlights** Recent wrestling action.
12.30 AM **Ariel Helwani Meets**
1.00 **MotoGP Classics** A look back at the 1994 Japanese Grand Prix. **2.00** The 1995 Japanese Grand Prix from the Suzuka Circuit.
3.00 **to 6.00** AM **MotoGP Classics**

Sky Sports NFL

407 407 865 | 517 507 | 426 446

6.00 AM **NFL Highlights**
10.00 **49 Hours**
10.30 **Kansas City Chiefs: Franchise**
11.00 **NFL Bitesize Highlights**
12.00 NOON **Good Morning Football**
3.00 PM **NFL Highlights**
4.00 **NFL Review Show**
5.00 **Neil Meets The Chiefs**
5.30 **Kansas City Chiefs: Franchise**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Kansas City Chiefs v Chicago Bears. **8.15** Brief highlights of New York Jets v New England Patriots. **8.30** Action from Cincinnati Bengals v Los Angeles Rams. **8.45** Highlights of Tampa Bay Buccaneers v Philadelphia Eagles.
9.00 **Jaguars Weekly UK**
9.30 **One Jets Drive** A behind-the-scenes look at the New York Jets.
10.00 **Kansas City Chiefs: Franchise**
10.30 **NFL Bitesize Highlights**
11.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
12.00 M'T **Total Access** NFL news.
1.00 AM **Jaguars Weekly UK**
1.30 **One Jets Drive**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **Jaguars Weekly UK**
5.30 **to 6.00** AM **One Jets Drive**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
7.30 **LIVE International Netball New Zealand v England.** Game two of the three-match series, staged at Te Rauparaha Arena in Porirua. Centre-pass **7.30am**.
9.30 **Formula 1** Japanese Grand Prix.
10.30 **Solheim Cup Golf**
11.30 **LIVE The All-Star Ryder Cup** Coverage of the celebrity match in Rome, as Colin Montgomerie and Corey Pavin captain teams.
2.30 PM **Spirit of Yachting** Action from the Rolex TP52 World Championship in Barcelona.
3.00 **WNBA** Play-off action.
5.00 **International Netball** A chance to see New Zealand v England.
7.00 **Premier League Stories**
7.30 **Betfred Super League Highlights** Top-flight action.
8.00 **One-Day International Cricket** Action from England v Ireland.
9.00 **International Netball** A chance to see New Zealand v England.
11.00 **WNBA** Play-off action.
1.00 AM **International Netball**
3.00 **One-Day International Cricket**
5.00 **to 6.00** AM **Fight Night International**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **V8 Supercars Highlights**
7.00 **The WRC Magazine**
7.30 **Premiership Rugby Cup**
9.00 **UEFA Champions League Highlights** Matchday one.
11.00 **UEFA Europa League Highlights Show**
12.00 NOON **The WRC Magazine**
12.30 PM **CPL** Highlights of the final.
1.00 **MLB** A regular-season match.
3.30 **Champions League Magazine**
4.00 **TNT Sports Reload**
4.30 **MLB Plays of the Week**
5.00 **WWE SmackDown Highlights**
6.00 **WWE Raw Highlights**
7.00 **LIVE MLB Chicago White Sox v Arizona Diamondbacks.** The inter-league match at Guaranteed Rate Field. Start-time **7.10pm**.
10.30 **MLB Plays of the Week**
11.00 **The WRC Magazine**
11.30 **V8 Supercars Highlights**
12.30 AM **TNT Sports Reload**
1.00 **Fishing: On the Bank**
2.00 **to 6.00** AM **CPL**

Eurosport 1

413 413 868 | 521 | 412 435

7.00 AM **Cycling: CRO Race**
8.00 **Athletics: Sydney Marathon**
9.00 **Hall of Fame: Beijing 2008**
10.00 **Snooker: English Open 2020**
12.00 NOON **Cycling: Tour of Langkawi** The fifth stage.
1.00 PM **Cycling: CRO Race**
2.00 **LIVE Cycling: CRO Race** Coverage of the second stage.
4.00 **The Cycling Show**
4.30 **Mountain Biking**
5.30 **SailGP** Round four from Taranto.
6.30 **The Power of Sport**
7.00 **Cycling: Tour of Langkawi**
8.00 **Cycling: CRO Race** Stage two.
9.00 **Show Jumping**
10.00 **Athletics: Sydney Marathon**
11.00 **Cycling: Tour of Langkawi**
12.00 M'T **Cycling: CRO Race**
1.00 AM **British Speedway**
2.00 **Speedway Grand Prix**
3.00 **SailGP** Round four from Taranto.
4.00 **Cycling: CRO Race**
5.05 **to 6.05** AM **Cycling: Tour of Langkawi**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Show Jumping**
7.00 **Olympic Games: Breaking Barriers**
8.00 **World Superbikes**
10.00 **British Speedway**
11.00 **Ben Johnson: Caught Up Only by the Truth**
12.00 NOON **Show Jumping**
1.00 PM **British Superbikes**
3.00 **FIA World Endurance Championship** Recent action.
5.00 **Cycling: Tour of Langkawi**
6.00 **Motocross World Championship**
6.30 **Wrestling: World Championships** From Belgrade.
7.00 **Snooker: English Open 2021**
9.00 **Cycling: CRO Race** Stage two from Biograd na Maru to Novalja.
10.00 **British Superbikes**
11.00 **British Superbikes Extra**
12.00 M'T **Hall of Fame: Sydney 2000**
1.00 AM **Cycling: Tour of Langkawi**
2.00 **Snooker: English Open Final 2019** Mark Selby v David Gilbert.
4.00 **to 6.00** AM **World Superbikes**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **NRLW** Action from Newcastle Knights v Parramatta Eels in the 2022 Grand Final.
7.00 **NRL** Highlights from Penrith Panthers v Parramatta Eels in the 2022 Grand Final.
8.00 **LIVE NPC Rugby Southland v Bay of Plenty.** Coverage of the encounter, which takes place at Rugby Park in Invercargill, New Zealand. Kick-off **8.05am**.
10.00 **The Rugby Championship**
11.00 **World Grand Prix Darts**
3.30 PM **Betfred Super League Highlights** Top-flight action.
4.30 **Women's Super League**
5.00 **WNBA** Play-off action.
7.00 **International Netball** A chance to see New Zealand v England.
9.00 **Fight Night International**
11.00 **International Netball** A chance to see New Zealand v England.
1.00 AM **World Grand Prix Darts**
5.30 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** The Japanese Grand Prix first practice session. **12.15** PM The Japanese Grand Prix second practice session.
1.30 **The F1 Show** A preview of this year's Japanese Grand Prix.
2.30 **Formula 1** The Japanese Grand Prix third practice session. **3.45** Action from the Japanese Grand Prix qualifying session. **5.45** A chance to see the Japanese Grand Prix, the 17th round of the season at Suzuka International Racing Course.
8.00 **Sky Sports F1 Podcast**
9.00 **Formula 1** Highlights from the Japanese Grand Prix.
10.00 **Sky Sports F1 Podcast**
11.00 **Ferrari Challenge Europe** Action from race two of the Trofeo Pirelli in Belgium.
12.00 M'T **Formula 1** Highlights of the Japanese Grand Prix at Suzuka International Racing Course.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Thursday

28 September

Evening Planner

Documentary

Saving Lives at Sea
BBC2, 8pm
RNLI lifeboat volunteers respond to a jetski accident in Calshot and a pair of anglers who are in danger near Dover.

Comedy Drama

Brassic
Sky Max & Sky Showcase, 10pm
As the gang return for a fifth series, Vinnie is made an offer he can't refuse, and a man called Eddie refuses to play ball...

Drama

Wildfire
Film4, 11.50pm
This intense drama stars Nika McGuigan and Nora-Jane Noone as two Irish sisters haunted by the legacy of the Troubles.

OnDemand

NETFLIX

Love Is in the Air
Available today
Romcom starring Delta Goodrem as a pilot who falls for the man sent to shut down her family business.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Ambulance		10.00 News; Local News	
102 BBC2	7.00 The Warship: Tour of Duty		8.00 Saving Lives at Sea		9.00 Picasso: The Beauty and the Beast		10.00 Mortimer &...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Paul... †	9.00 Grand Slammers			10.30 News
104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off: An Extra...		9.00 Taskmaster		10.00 8 Out of 10 Cats Does Countdown	
105 CHANNEL 5	7.00 Badgers: Their Secret World		8.00 Live: Harvest on the Farm		9.00 Body in the Bag: The Murder of Melanie Hall			10.30 A&E After...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Micro Monsters with David...		9.00 Sport's Funniest Moments		10.00 Brassic	
ENTERTAINMENT								
115 BBC3	7.00 Phoenix Rise		8.00 Gavin & Stacey		9.00 RuPaul's Drag Race UK			10.25 In Conversation...
116 BBC4	7.00 Life		8.00 Hidden Wales with Will Millard		9.00 Film: Psycho			
118 ITV2	7.00 Ninja Warrior UK: Race for Glory		8.00 Superstore		9.00 The Murder of Mikey Rainsford...		10.00 Family Guy	
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 24 Hours in Police Custody...		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 First Dates Ireland		9.00 Married at First Sight UK			10.20 Gogglebox
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 FBI		10.00 FBI: International	
108 SKY ATLANTIC	◂ 6.45 Ray Donovan		7.50 Game of Thrones		9.00 The Lovers	9.40 Dreamland	10.10 Drift – Partners in Crime	
110 GOLD	7.00 Blackadder Goes Forth	7.40 Dad's Army			9.00 The Royle Family	9.40 Not Going Out		
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI XL		10.00 Two Pints of Lager and a Packet of...	
119 ITV3	◂ 6.45 Snooker: British Open – Live: Coverage of the evening session on day four							10.30 Agatha...
120 ITV4		7.15 Rugby World Cup – Live: Japan v Samoa (Kick-off 8.00)						10.35 All Elite...
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Police Academy 4: Citizens on Patrol			10.40 Lee...
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Film: The Lawnmower Man			
113 SKY MAX	7.00 Stargate SG-1		8.00 Rob & Romesh vs Andy Murray		9.00 Sport's Funniest Moments		10.00 Brassic	
109 ALIBI	7.00 Elementary		8.00 Death in Paradise				10.00 So Help Me Todd	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Classic Movies: The Story Of		9.00 Mildred Pierce			10.20 The Seventies
132 W	7.00 MasterChef Australia		8.00 Nurses on the Ward		9.00 Alex Jones: Making Babies		10.00 999 Rescue Squad	
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Naked and Afraid: Last One Standing			
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Pet Nation Renovation		9.00 Growing Up		10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Building Impossible with Daniel Ashville		9.00 Wicked Tuna		10.00 First Alaskans	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Pawn Stars		9.00 Forged in Fire		10.00 Alone: Predator Lake	
155 YESTERDAY	7.00 Antiques Roadshow		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
121 SKY DOCS	◂ 6.50 The Movies	7.40 Allen v. Farrow			9.00 The Russell Murders: Who Killed Lin...		10.00 Seve	
FILMS – Sky Cinema								
301 PREMIERE	◂ 6.05 Knock at the Cabin		8.00 80 for Brady			9.55 God Is a Bullet		
303 HITS	◂ 5.50 The Twilight Saga: Eclipse		8.00 The Lost City				10.00 King Kong	
304 GREATS	◂ 6.00 Cry Macho		8.00 Alfie				10.00 Paper Moon	
305 ANIMATION		7.10 Millennium Actress		8.40 Daisy Quokka: World's Scariest Animal				10.15 LEGO DC Comics Super...
306 FAMILY	◂ 6.05 The Portable Door		8.05 Stuart Little			9.40 Daphne & Velma		
307 ACTION	◂ 5.40 Dungeons & Dragons: Honour...		8.00 The Equalizer					10.15 The Equalizer 2
308 COMEDY	◂ 6.05 Bridget Jones: The Edge of Reason		8.00 Made of Honor			9.50 Hitch		
309 THRILLER	◂ 5.40 Vanilla Sky		8.00 Gone Baby Gone				10.00 The Manchurian Candidate	
310 DRAMA	◂ 5.45 Erin Brockovich		8.00 Big Fish				10.10 Babylon	
311 DYSTOPIA	◂ 6.00 Looper		8.00 Terminator 2: Judgment Day					
302 ANTIHEROES	◂ 5.55 Suicide Squad		8.00 Chinatown					10.25 Shaft
313 FILM4	◂ 6.20 Valerian and the City of a Thousand Planets				9.00 Clear and Present Danger			
SPORT								
401 MAIN EVENT	7.00 Ryder Cup Golf			8.30 Sky Sports News			10.00 News at Ten	10.30 Back Pages...
402 PREMIER LEAGUE	7.00 PL – The Big...	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 PL – The Big...	9.30 PL Stories	10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 EFL Cup Highlights		8.00 Scottish...	8.30 EFL Goals	9.00 Bundesliga...	9.30 EFL Cup Highlights		10.30 Scottish...
404 CRICKET	7.00 ICC Cricket World Cup		8.00 The Barest of Margins		9.00 ICC Men's CWC 2023: The Preview		10.00 ICC Cricket World Cup	
410 TNT SPORTS 1	◂ 5.30 Serie A – Live: Frosinone v Fiorentina (Kick-off 5.30); Genoa v AS Roma (Kick-off 7.45)						10.00 PL – The Big...	10.30 MLB: Off the...
411 TNT SPORTS 2	◂ 5.30 Serie A – Live	7.30 Ligue 1 Show	8.00 Premier League Stories	8.45 Glenn Hoddle: Extra Time				10.30 Fishing...

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Fraud Squad** New edition (S)(AD)
10.45 **Claimed and Shamed** (S)(R)
11.15 **Homes Under the Hammer** New edition From south London, Kent and Stoke-on-Trent. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** Rosie is unable to help Al conquer his fear. (S)(AD)
2.15 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **The Bidding Room** New edition Items include a rattan stool. (S)
4.30 **The Vintage French Farmhouse** New edition Antique hunting. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Sort Your Life Out

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Gina makes a revelation that leaves Ian, Cindy, George and Elaine gobsmacked. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** New edition 4/5. Stacey and her team help single mother Claire and her five boys transform their home through a life-changing declutter. (S)(AD)

9 PM

9.00 **Ambulance** Series finale 6/6. Crewmates Sam and Danny head to an accident involving a 65-year-old man, who has been injured after collecting his shopping from the supermarket. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Sale, Greater Manchester, to answer questions from an invited audience on subjects that have made the headlines over the past week. (S)
11.40 **Newscast** Journalists including Adam Fleming and Chris Mason host a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Vintage French Farmhouse** (R)
8.00 **Sign Zone: Coastal Defenders** (R)
9.00 **Nicky Campbell** (S)
10.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Eggheads** Quiz show. (S)(R)
2.15 **Wanted Down Under** (S)(R)
3.00 **Murder, Mystery and My Family: Case Closed?** (S)(R)(AD)
3.45 **Great Canadian Railway Journeys** A trip to Banff. (S)(R)(AD)
4.15 **Serengeti II** (S)(R)(AD)
5.15 **Flog It!** From Aberystwyth. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Ken Bruce, Alice Roberts, Perri Shakes-Drayton and Kiell Smith-Bynoe. (S)
6.30 **Strictly: It Takes Two** New edition Backstage gossip. (S)

8.00 Saving Lives at Sea

7 PM

7.00 **The Warship: Tour of Duty** 3/6. *HMS Queen Elizabeth* stops off in Cyprus, but a sailor contracted COVID-19 while on shore leave and the virus spreads quickly, leaving nearly 400 crew in isolation. (S)(R)(AD)

8 PM

8.00 NEW SERIES **Saving Lives at Sea** 1/10. In Calshot, the crew's medical training is tested to the limit as they respond to a young man who has lost consciousness in a jetski accident. (S)(AD)

9 PM

9.00 **Picasso: The Beauty and the Beast** New edition 2/3. As Europe descends into war, the artist creates some of his greatest work, while his personal life grows more complicated. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **Mortimer & Whitehouse: Gone Fishing** 4/6. Paul Whitehouse and Bob Mortimer fish for crucian carp at a lake in Shropshire. (S)(R)(AD)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **No Activity** 1/6. Stokes and Hendy are assigned to stake out a house belonging to a couple who have been abducted. (S2) (S)(R)
11.40 **DNA Family Secrets** 1/6. Stacey Dooley helps people unlock mysteries hidden in their DNA. (R)
12.40 AM **Sign Zone: Laura Kuenssberg – State of Chaos** 2/3. (S)(R)(AD)
1.40 **Sign Zone: Strictly Come Dancing** The first live show. (S)(R)
4.00 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Spanish Adventure** New edition The chef visits the Boqueria market, eats paella in Sitges, takes a tour of a cava vineyard and learns how honey sweets are made. (S)(AD)
3.00 **Tenable** New edition Warwick Davis hosts as a team of five friends and family take part. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Grand Slammers

7 PM

7.30 **Emmerdale** Charles expresses his anger, Chas finds it hard to conceal her jealousy, and Tom is left in a state of devastation. (S)(AD)

8 PM

8.30 **Paul O'Grady: For the Love of Dogs** 8/8. The host goes rogue when he's asked to help bottle-feed a pair of kittens who were found abandoned. (S)(R)(AD)

9 PM

9.00 **Grand Slammers** Series finale 2/2. Conclusion of the documentary. The sporting legends will play alongside the inmates they have trained to recreate the historic Rugby World Cup final from 20 years ago, this time against a team of ex-pat Australian rugby players. (S)(AD)

10 PM

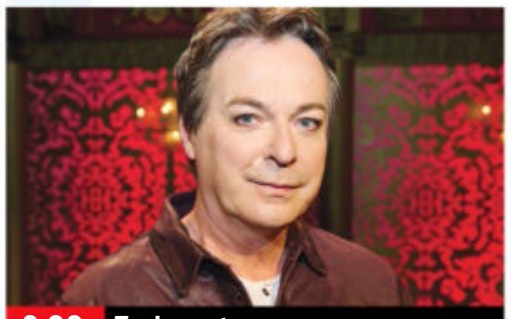
10.30 **ITV News** (S)
11.00 **Local News** (S)
11.15 **The Real Crown: Inside the House of Windsor** 1/5. Events that shaped the Royal Family. (S)(R)
12.10 AM **Wrestling: AEW Rampage** (S)
1.05 **The Chase** Quiz show. (S)(R)
1.55 **Tipping Point** Game show. (S)(R)
2.50 **Loose Women** (S)(R)
3.35 **Tenable** (S)(SL)(R)
4.30 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Oti Mabuse's Breakfast Show** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.05 AM **Countdown** (S)(R)
6.45 **Cheers** 15&16/26. (S5) (S)(R)
7.35 **Everybody Loves Raymond** (S)(R)
8.25 **Frasier** 3-5/25. (S11) (S)(R)(AD)
9.55 **Chateau DIY** (S)(R)(AD)
10.55 **George Clarke's Amazing Spaces** Constructing a barn. (S)(R)(AD)
11.55 **News** (S)
12.00 NOON **Steph's Packed Lunch** New edition Magazine. (S)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A property search in Umbria, Italy. (S)(R)
4.00 New edition A woman searches for a holiday home in Kefalonia, Greece. (S)
5.00 **A New Life in the Sun** (S)(R)
6.00 **Four in a Bed** New edition The week's final visit is to Cambrian House B&B in Carno, Powys. (S)
6.30 **The Simpsons** (S)(R)(AD)



9.00 Taskmaster

7 PM

7.00 **News** (S)

8 PM

8.00 NEW SERIES **Great British Bake Off: An Extra Slice** 1/10. Jo Brand is joined by new *Bake Off* host Alison Hammond, alongside celebrity fans Stephen Mangan and Michelle Visage, to tuck into the events of Cake Week. With Tom Allen. (S)(AD)

9 PM

9.00 **Taskmaster** New edition Julian Clary finds a former *Taskmaster* champion hiding behind a door, Susan Wokoma does something unexpected with mice and fish, while Sue Perkins demonstrates her love of portcullises. (S)(AD)

10 PM

10.00 **8 Out of 10 Cats Does Countdown** Jimmy Carr hosts the game show mash-up, as Jonathan Ross and Joe Wilkinson take on Roisin Conaty and Ahir Shah. Mat Ewins joins Susie Dent in Dictionary Corner. (S)(R)
11.05 **Top Guns: Inside the RAF** (S)(R)
12.10 AM **Celebrity SAS: Who Dares Wins** With Gareth Gates. (S)(R)
1.05 FILM **Pixie** Irish comedy thriller starring Olivia Cooke. (S) (2020, 15, 95min) ★★★★
2.40 FILM **Blair Witch** Horror sequel starring James Allen McCune. (S)(SL) (2016, 15, 90min) ★★
4.10 **Couples Come Dine with Me** (R)
5.00 **Tool Club** (S)(R)
5.55 **to 6.05** AM **Find It, Fix It, Flog It**

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **The Lakehouse Murders** Thriller with Tianna Nori, Jack Grinhaus and Jean Paul Najm. (S) (2022, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Hair salon and café owner Anne plans an afternoon treat for her staff. (S)
5.00 **News** (S)
6.00 **Susan Calman's Grand Day Out** Susan heads to the historic city of Oxford and the Chilterns, an official Area of Outstanding Natural Beauty. (S)(R)
6.55 **News** (S)

4.00 Bargain-Loving Brits...

7.00 **Badgers: Their Secret World** Series finale 2/2. Cameras follow badger cubs as they head out on an adventure for the first time. (S)
7.55 **News** (S)
8.00 **Harvest on the Farm** New edition 3/4. Helen Skelton and Jules Hudson explore the essential crops that give the UK a kickstart in the morning. Plus, a harvest fruit toss challenge. (S)
■ Concludes tomorrow
9.00 NEW **Body in the Bag: The Murder of Melanie Hall** Documentary about the disappearance and murder of 25-year-old Melanie Hall, last seen at a nightclub in June 1996, whose remains were discovered on a slip road off the M5. (S)
10.30 **A&E After Dark** Staff at Hull Royal Infirmary battle to save a patient in cardiac arrest, and a fisherman is brought in after an accident out at sea. (S)(R)
11.25 **Skin A&E** Dr Adil treats a patient with five lipomas, and a red rash on a man's face defies diagnosis. (S)(R)
12.25 AM **Police Interceptors** (S)(R)
1.15 **PlayOJO Live Casino Show** (S)
3.15 **Britain's Loudest Snorers** (R)
4.25 **Britain's Greatest Bridges** (R)
5.05 **House Doctor** (S)(SL)(R)
5.55 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Caught on Dashcam** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **Craig Charles: UFO Conspiracies** (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S7) (S)(R)
1.00 PM **NCIS: Los Angeles** (S)(R)
3.00 **Hawaii Five-0** 9/25. (S9) (S)(R)
4.00 **S.W.A.T.** 6/23. (S2) (S)(R)(AD)
5.00 **The Simpsons** (S)(R)
6.00 **The Fresh Prince of Bel Air** 6/24. A rich girl showers Will with gifts, leaving him unable to refuse her advances. (S)(R) **6.30** 7/24. Uncle Phil's campaign to become a judge is overshadowed by scandal when Will is arrested for not paying his parking fines. (S3) (S)(R)

11.00 Never Mind the Buzzcocks

7.00 **The Simpsons** *Homer of Seville:* Homer becomes an opera star, but his fame attracts the attention of an obsessive fan (S)(R) **7.30** *Midnight Towboy:* Homer becomes a tow-truck driver. (S)(R)
8.00 **Micro Monsters with David Attenborough** Bugs that prefer cooperation to conflict, including the burrowing cockroach. (S)(R) **8.30** The veteran broadcaster takes a look at insect colonies. (S)(R)(AD)
9.00 **Sport's Funniest Moments** From football to F1 and cricket to golf, enjoy the funniest and most farcical moments from the sporting world, in the company of the likes of James Haskell and Chris Kamara. (S)(R)(AD)
10.00 NEW SERIES **Brassic** *Eddie:* 1/8. The comedy drama returns. A chaotic 24 hours takes place as the gang take a hostage and escort him on his bizarre round of errands. *See feature, page 6.* (S5) (S)
■ Entire series on Box Sets
11.00 **Never Mind the Buzzcocks** Guest panellists Roisin Murphy, Dermot Kennedy and Billy Porter join the regulars. (R)
11.45 **Sex and the City** (S1) (S)(R)
12.45 **Warrior** 4/10. (S3) (S)(R)
1.40 **Stop, Search, Seize** (S)(R)(AD)
2.35 **Road Wars** (R)
3.05 **Hawaii Five-0** 9/25. (S9) (S)(R)
4.00 **S.W.A.T.** 6/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.15am Bargain Hunt (S)(R) **12.00noon-1.00pm** First Minister's Questions (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.50-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm The Long and the Short of It (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno **1.00** Cerys Matthews a'r Goeden Faled (AD) **1.30** Y Byd ar Bedwar **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Mike Phillips: Croeso i Dubai (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cefn Gwlad (AD) **6.25** Darllediad Gwleidyddol gan y Democratiaid Rhyddfrydol New edition **6.30** Rownd a Rownd (AD) **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** NEW Ifan Phillips: Y Cam Nesaf **10.00** Rygbi Pawb **10.45** Ar Werth (AD) **11.15-11.50pm** Lowri Morgan: Her 333

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Phoenix Rise** New episodes 7/10. It's Cassidy's party, but she's not the only one in for a surprise. **7.30** 8/10. Billy's life spirals out of control. (S2)
7.55 **The Catch Up**
8.00 **Gavin & Stacey** 7/8. Nessa goes into labour. (S2) **8.30** 1/6. The gang reunite for Neil's christening. (S3)
9.00 NEW SERIES **RuPaul's Drag Race UK** 1/10. Ten new drag queens enter the hallowed Werk Room for the very first time.
10.10 NEW SERIES **The After Shave with Danny Beard** 1/9. A recap of events in *RuPaul's Drag Race*.
10.25 NEW **In Conversation: Rina Sawayama** An interview with the musician.
10.50 **Back to Life** 1&2/6. (S1)
11.40 **The Bold Type** New episode 9/10. (S2)
12.25 AM **RuPaul's Drag Race**
1.30 **Ellie & Natasia**
1.50 **Gavin & Stacey**
2.50 **to 3.55** AM **RuPaul's Drag Race**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Life** Focusing on fish, the most diverse vertebrates on the planet.
8.00 **Hidden Wales with Will Millard** 2/3. The writer and adventurer explores mid-Wales and the west.
9.00 FILM **Psycho** Alfred Hitchcock's classic chiller starring Anthony Perkins and Janet Leigh. On the way to join her lover after absconding with $40,000 of her employer's money, a woman stops at a lonely motel run by an intense young man. (1960, b/w, 15, 109min) ★★★★★
10.45 **Scene by Scene** Mark Cousins talks to Janet Leigh about her career, touching on classic films including *Psycho* and *Touch of Evil*.
11.35 **Mark Kermode's Secrets of Cinema: Horror**
12.35 AM **Royal Institution Christmas Lectures with Dame Sue Black**
1.35 **Life** As shown at 7.00pm.
2.35 **to 3.35** AM **Hidden Wales with Will Millard**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Vintage Gems** Creating plates.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Kirstie and Phil's Love It or List It** Kirstie and Phil head to the Edinburgh suburb of Portobello.
5.50 **The Secret Life of the Zoo** Cameras follow giraffe Orla who is about to give birth to her second calf.
6.55 **The Dog House** Margot the collie seeks an owner who will ensure that her active mind stays busy.
7.55 **Grand Designs** A sleek glass-fronted house on a crumbling cliff in Gwynedd.
9.00 **24 Hours in Police Custody: The Home County Cartel** Part one of two. The importation of huge quantities of Class A drugs.
10.00 **24 Hours in A&E** Ninety-one-year-old Cyril is airlifted to hospital after a car crash which required him to be cut from his car.
11.05 **Emergency Helicopter Medics** Documentary.
12.05 AM **24 Hours in Police Custody: The Home County Cartel** As 9.00pm.
1.10 **999: On the Front Line**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.30 **Married at First Sight UK**
8.30 **Melissa & Joey**
9.00 **Brooklyn Nine-Nine**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S1&10)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Married at First Sight UK**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** A bereft Romeo arrives back in the village.
7.30 **Young Sheldon** 16/22. Georgie consoles Veronica after a break-up. (S2)
8.00 **First Dates Ireland** New edition 13/14. A look back at the best moments from the first six editions of the series, including Anthony battling his nerves in a bid to impress Mandy.
9.00 **Married at First Sight UK** New edition The couples face the experts at their first Commitment Ceremony.
10.20 **Gogglebox** Opinions on *Tiny World* and *Coronation Street*.
11.25 **First Dates**
12.35 AM **Rick and Morty**
1.05 **Teenage Euthanasia** New episode Animation.
1.35 **Married at First Sight UK**
2.45 **Brooklyn Nine-Nine**
3.35 **The Goldbergs**
4.25 **Black-ish**
5.15 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

Thursday primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 807 110 341 356

6.00 AM **The Real A&E**
7.00 **Border Patrol**
9.00 **Border Security: America's Front Line** Double bill.
10.00 **Motorway Patrol**
10.30 **Highway Patrol**
11.00 **FBI: Most Wanted** 21/22. The team track down a con artist turned murderer. (S3)
12.00 NOON **Bull** 17&18/20. (S4)
2.00 PM **Blue Bloods** 6/21. Danny and Jamie clash. (S13)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare** Five editions of the documentary.

10.00 FBI: International

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Heroes:* 7/21. Frank plans to punish a cop for his inaction during an armed robbery. (S13)

9 PM

9.00 **FBI** New episode *Into The Fire:* 7/23. The team work with Maggie to infiltrate a group that are building bombs. (S5)

10 PM

10.00 **FBI: International** New episode *A Proven Liar:* 7/22. The Fly Team investigate a kidnapping in Barcelona. (S2)
11.00 **The Rookie** 10/20. (S1)
12.00 M'T **9-1-1** 8/18. (S5)
1.00 AM **FBI: Most Wanted** 6/22. **2.00** New episode 7/22. (S4)
3.00 **Chicago Fire** 21/22. (S10)
4.00 **Border Security: America's Front Line** Double bill.
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Fish Town**
7.55 **Six Feet Under** (S1&2)
10.10 **Ray Donovan** 9&10/12. (S3)
12.20 PM **Game of Thrones** (S5)
1.25 **Quarry** 5&6/8. (S1)
3.30 **Six Feet Under** 2/13. Nate is troubled by the sudden death of a college football player. **4.35** 3/13. Ruth attends a self-help seminar. (S2)
5.40 **Ray Donovan** 11/12. Mickey throws himself a party. **6.45** 12/12. Abby and Terry decide to tell Ray the truth about Bridget. (S3)

9.00 The Lovers

7.50 **Game of Thrones** *The Gift:* 7/10. Jon prepares for conflict, Sansa tries to talk to Theon, Brienne waits for a sign, while Jaime tries to reconnect with his family. (S5)

9.00 **The Lovers** New episode 4/6. Comedy drama. (S1) ■ Entire series on Box Sets
9.40 **Dreamland** 4/6. The family gather at the Heroes of Margate ceremony. (S1)
10.10 **Drift: Partners in Crime** 6/10. Ali and Leo sense a chance to catch Maryam's attacker. (S1)
11.10 **Drift: Partners in Crime** (S1)
12.10 AM **In Treatment** (S2)
12.40 **Quarry** 1/8. (S1)
2.00 **Drift: Partners in Crime** New episodes 8&9/10. (S1)
4.00 **Fish Town**
5.00 **to 6.10** AM **Billions** New episode 8/12. (S7)

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Supergirl** 7/19. (S5)
7.00 **DC's Legends of Tomorrow**
8.00 **The Flash** 9/18. (S7)
9.00 **Stargate SG-1** (S1)
11.00 **Supergirl** 8/19. (S5)
12.00 NOON **The Flash** 9/18. (S7)
1.00 PM **NCIS: Los Angeles** (S13)
3.00 **Hawaii Five-0** 9/25. (S9)
4.00 **S.W.A.T.** 6/23. (S2)
5.00 **DC's Legends of Tomorrow** 8/15. The team encounter William Shakespeare. (S5)
6.00 **Stargate SG-1** 15/22. The team rescue a stranded child from a diseased planet. (S1)

10.00 Brassic

7.00 **Stargate SG-1** *Cor-Ai:* 16/22. Teal'c finds himself on trial for killing a man while serving the evil Goa'uld Apophis. (S1)

8.00 **Rob & Romesh vs Andy Murray** Rob Beckett and Romesh Ranganathan meet the tennis star.

9.00 **Sport's Funniest Moments** A look back at farcical moments from the sporting world.

10.00 **NEW SERIES Brassic** *Eddie:* 1/8. The gang take an unlikely hostage. *See feature, page 6.* (S5) ■ Entire series on Box Sets
11.00 **Never Mind the Buzzcocks** With Roisin Murphy, Dermot Kennedy and Billy Porter.
11.45 **The Blacklist** 14/22. Red helps a powerful cartel leader. (S10)
12.45 AM **Warrior** 4/10. (S3)
1.40 **Road Wars**
2.10 **Fantasy Island** 3&4/13. (S2)
4.00 **S.W.A.T.** 6/23. (S2)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 115 6 113

5.00 AM **Children's Programmes**
9.00 **One Tree Hill** 12/13. (S9)
10.00 **Dawson's Creek** 14/23. (S5)
11.00 **Love Bites**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Family Fortunes: Gino's Best Bits** Strange answers and the funniest out-takes.
2.30 **Chuck** 17/22. (S2)
3.20 **One Tree Hill** 13/13. (S9)
4.00 **Dawson's Creek** 15/23. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase**

10.00 Family Guy

7.00 **Ninja Warrior UK: Race for Glory** Contenders take on the obstacle course as the knockout competition continues.

8.00 **Superstore** 19/21. Carol returns from suspension. **8.30** 20/21. Amy joins Jonah for lunch with his parents and brother. (S5)

9.00 **The Murder of Mikey Rainsford: Social Media Murders** New edition Merseyside Police use Snapchat to find killers.

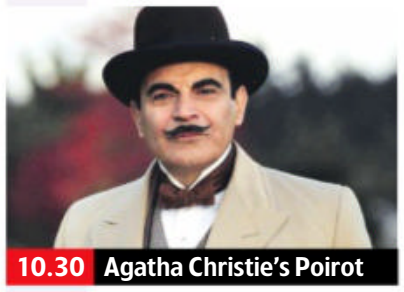
10.00 **Family Guy** 10/20. Peter gets a job as a nurse. **10.30** 11/20. Brian finds himself bonding with his girlfriend's son. (S19)
11.00 **Family Guy** 15/20. (S16)
11.30 **American Dad!** (S12)
12.25 AM **Superstore** (S5)
1.25 **The Sex Lives of College Girls** 5&6/10. (S1)
2.25 **Totally Bonkers Guinness World Records**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **On the Buses**
6.40 **Agatha Christie's Poirot**
8.45 **On the Buses**
9.15 **Where the Heart Is**
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Endeavour** *Icarus:* DSI Morse investigates the disappearance of a teacher from a secretive school.
5.40 **Heartbeat** *Another Sleepy, Dusty, Delta Day:* A man dies falling from a bridge, and foul play is soon suspected.



10.30 Agatha Christie's Poirot

6.45 **LIVE Snooker: British Open** Rishi Persad presents coverage of the evening session on day four from the Centaur at Cheltenham Racecourse, featuring the last-16 matches. Analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by David Hendon and Phil Yates.

10.30 **Agatha Christie's Poirot** *The Affair at the Victory Ball:* An aristocrat is killed at a masquerade ball.
11.40 **Where the Heart Is** *The Team:* David puts his money worries aside to captain the local cricket team. **12.45** AM *No Turning Back:* Simon proposes to Anna.
1.45 **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Great Escapes with Colin and Justin**
7.25 **Grand Tours of Scotland's Lochs**
7.30 **The Great Food Guys**
8.00 **Beechgrove Garden** Series finale A look back at how this year's growing season has been.
8.30 **Landward** New edition A visit to the Ben Lawers National Nature Reserve in Perthshire.
9.00 **The Nine**
10.00 **Scot Squad** 3/5. Officer Karen gets locked in at the station. (S6)
10.30 **Gary: Tank Commander** 5/6. Gary picks up a cooker for his father. (S1)
11.00 **Two Doors Down** 4/6. Beth and Eric meet Gordon's parents. (S4)
11.30 PM **to 12.00** M'T **Mirror Mirror**

Sky Comedy

114/115 112 347 362

8.00 AM **Sort Of** (S1&2)
9.00 **Entourage** (S7)
10.05 **The Conners** (S5)
11.00 **Mr Mayor** 1/10. (S2)
11.30 **Looking** 7&8/10. (S2)
12.50 PM **House of Lies** (S3)
1.30 **Fresh Prince of Bel Air**
2.25 **Entourage** (S7)
3.30 **The Conners** (S5)
4.30 **Sort Of** 2&3/8. (S2)
5.30 **Mr Mayor** 2/10. (S2)
6.00 **Fresh Prince of Bel Air**
7.00 **Will & Grace** (S7)
8.00 **The Office (US)** (S5)
9.00 **Breeders** 5/10. An ambitious Ally sets out to save the company. **9.30** 6/10. A devastated Paul is forced by his new boss to make some funding cuts. (S3)
10.00 **Sex and the City** (S1)
11.00 **Dan Soder: Son of a Gary** Stand-up show.
12.15 AM **Hung** 8&9/10. (S3)
1.20 **Will & Grace** (S2)
1.50 **Enlightened** (S1)
3.05 **House of Lies** (S3)
3.45 **to 5.00** AM **Looking**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **André Rieu: Welcome to My World**
7.00 **Musical Masterpieces**
8.00 **Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering: Harrison Ford**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Hepworth**
3.00 **The Art of the Garden**
4.00 **Discovering: Meryl Streep**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **Classic Movies: The Story of Ran** New edition
9.00 **Mildred Pierce**
10.20 **The Seventies**
11.20 **The Directors**
12.20 AM **Oasis: Live at Wembley Arena 2008**
2.20 **Marina Abramovic Takes Over TV**
3.20 **The Directors**
5.00 **to 6.00** AM **Inside Art**

Pick

151 135 36 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: Canada's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Merlin** 2/13. (S5)
7.00 **Star Trek: Voyager** (S1)
8.00 **Magnum P.I.** 5/20. (S4)
9.00 **Caught on Dashcam**
10.00 **The Killer Within** The story of Wilbern Cooper.
11.00 **Snapped**
12.00 M'T **How I Caught the Killer** Documentary.
1.00 AM **Britcam: Emergency on Our Streets**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.00 AM **Billie and Greg: The Family Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Billie and Greg: The Family Diaries**
2.20 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Potomac** New edition Candiace is caught out.
6.00 **Making It Home with Kortney & Kenny**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched: I Want My Life Back**
10.00 **Vanderpump Rules** New editions Double bill.
12.00 M'T **The Only Way Is Essex** Reality series.
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

8.00 AM **Diagnosis Murder**
9.00 **Sue Thomas: F.B.Eye**
11.00 **Castle** 21&22/22. (S8)
1.00 PM **Sue Thomas: F.B.Eye** 8&9/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 5/24. The presence of Sergeant Baker's 'moose' causes a fuss. **7.30** 6/24. The 4077th decide to make a film. **8.00** 7/24. Hawkeye fakes a breakdown. **8.30** 8/24. A helicopter pilot stalks Henry. (S1)
9.00 **Randall and Hopkirk (Deceased)** 19/26. (S1)
10.00 **The Persuaders!** (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S1)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Castle** 9/10. (S1)
4.50 **to 5.00** AM **Great! Movie News Extra**

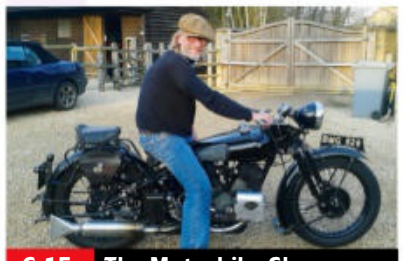
+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Snooker v Darts**
6.05 **Minder**
7.10 **The Professionals**
8.20 **The Saint**
9.25 **The Return of Sherlock Holmes** Crime drama.
10.40 **Magnum, PI**
11.45 **The Motorbike Show**
12.45 PM **LIVE Snooker: British Open** Coverage of the afternoon session on day four.
5.30 **World of Sport**
5.45 **Made in Britain**
6.15 **The Motorbike Show**


6.15 The Motorbike Show

7.15 **LIVE Rugby World Cup** Japan v Samoa: Hugh Woozencroft presents coverage of both teams' third and penultimate Pool D match at Stadium de Toulouse. Commentary by Miles Harrison and Shane Williams, and analysis from Lawrence Dallaglio, Nolli Waterman and Greig Laidlaw. Kick-off is at 8.00.

10.35 **Wrestling: AEW Collision** Hard-hitting action from AEW's newest show, featuring stars including FTR, The House of Black, Thunder Rosa, Miro and more.
12.40 AM **Made in Britain**
1.10 **The Return of Sherlock Holmes** Crime drama.
2.20 **The Protectors**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 9/13. (S5)
7.00 **Warehouse 13** 11/13. (S2)
8.00 **Teleshopping**
11.00 **Fringe** 12/22. (S2)
12.00 NOON **Star Trek: The Next Generation** 4&5/26. (S6)
2.00 PM **Merlin** 9/13. (S5)
3.00 **Fringe** 12/22. (S2)
4.00 **Stargate SG-1** 15/22. (S2)
5.00 **Stargate Atlantis** 19/20. (S3)
6.00 **Star Trek: The Next Generation** 4/26. The crew discovers wreckage from the *USS Jenolan*, reported missing 75 years earlier. (S6)

11.40 Speed Kills

7.00 **Star Trek: The Next Generation** *Schisms:* 5/26. The crew members are afflicted by peculiar symptoms. (S6)

8.00 **Star Trek: Voyager** *Flesh and Blood – Part Two:* 10/26. The Doctor reconsiders his decision to betray the ship. (S7)

9.00 **FILM The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan as an ambitious scientist who uses a mentally-impaired gardener as a guinea pig in his experiments. Also stars Jeff Fahey. (1992, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **FILM Speed Kills** Action adventure with John Travolta, Katheryn Winnick, Jennifer Esposito and Matthew Modine. (2018, 15, 102min) ★★
1.35 AM **Warehouse 13** 11/13. (S2)
2.25 **Star Trek: Voyager** As 8pm.
3.15 **Stargate Atlantis** 19/20. (S3)
4.10 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Miss Fisher's Murder Mysteries** 3/8. (S3)
10.00 **Hudson & Rex** 13/16. (S3)
11.00 **Without a Trace** (S3)
12.00 NOON **Frankie Drake Mysteries** 2/23. (S3)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S15)
4.00 **Miss Fisher's Murder Mysteries** 3/8. (S3)
5.00 **Hudson & Rex** 13/16. (S3)
6.00 **Without a Trace** 2/23. A hospital worker disappears on a quiet rural road. (S3)

6.00 Without a Trace

7.00 **Elementary** *The Deductionist:* 14/24. A killer who stalked and skinned his victims escapes from custody. (S1)

8.00 **Death in Paradise** *The Secret of the Flame Tree:* 2/8. A literature student is pushed off a cliff to her death.

9.00 **Death in Paradise** *The Impossible Murder:* 3/8. Humphrey and Martha's romantic weekend is cut short. (S6)

10.00 **So Help Me Todd** *Let The Wright One In:* 5/21. Margaret attempts to join an elite philanthropy club. (S1)
11.00 **Person of Interest** 18/22. Reese is assigned to protect a bounty hunter searching for her brother's killer. (S4)
12.00 M'T **Elementary** As 7.00pm.
1.00 AM **Hudson & Rex** 13/16. (S3)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.05 AM **Highlights**
9.00 **Hi-de-Hi!**
9.40 **Porridge**
10.20 **Last of the Summer Wine**
11.40 **Keeping Up Appearances**
12.20 PM **2point4 Children**
1.00 **Dad's Army**
1.35 **Blackadder the Third**
2.20 **Porridge**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.00 **Keeping Up Appearances**
5.40 **Porridge**
6.20 **Blackadder the Third**

7.00 Blackadder Goes Forth

7.00 **Blackadder Goes Forth** Capt Blackadder develops a keen interest in art.
7.40 **Dad's Army** Wilson allows the vicar and the verger to enlist in the Home Guard. **8.20** Walmington-on-Sea's communications services are cut off.

9.00 **The Royle Family** Jim and Nana fight over who is going to use the toilet first.
9.40 **Not Going Out** Lee dates an author in an effort to discover his serious side. **10.20** Tim and Kate's closeness following a death becomes a cause for concern for Lee.

11.00 **The Fast Show** Sketch show with Paul Whitehouse, Charlie Higson and Arabella Weir.
11.40 **The Royle Family**
12.20 AM **Not Going Out**
1.40 **The Fast Show**
2.15 **The Interviews**
3.20 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Cops on the Rock**
9.00 **Fast Justice**
10.00 **Railroad Australia**
11.00 **Rick Stein's India**
12.00 NOON **Ultimate Movers**
1.00 PM **Repair Lot**
2.00 **Top Gear** Double bill.
4.00 **Building Cars**
5.00 **Rick Stein's Mediterranean Escapes** Rick visits Corfu.
6.00 **Rick Stein's India** A visit to the southern town of Madurai.

7.00 House of Games

7.00 **Richard Osman's House of Games** With Philip Glenister. **7.40** With Tom Allen, Chizzy Akudolu, Charlie Higson and Kate Williams. **7 PM**
8.20 **Would I Lie to You?** With Dermot O'Leary, Mel Giedroyc, Matt Dawson and Josh Widdicombe. **8 PM**

9.00 **QI XL** Guests Sarah Millican, Jason Manford and Bill Bailey join regular panellist Alan Davies and host Stephen Fry. **9 PM**

10.00 **Two Pints of Lager and a Packet of Crisps** Jonny falls for Louise. **10.40** Jonny decides to spice up his life. **10 PM**
11.20 **Gavin & Stacey** Gavin embarks on two stag nights. **12.00** M'T The day of the wedding arrives.
12.40 AM **Mock the Week** With Desiree Burch and Ed Byrne.
1.20 **Would I Lie to You?**
2.00 **to 4.00** AM **The Island**

+1 hour 211 327 57

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
1.30 PM **George Clarke's Amazing Spaces**
2.30 **Chateau DIY**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun** A woman looks for a property in Umbria, Italy. **7.00** A woman seeks a holiday home in Kefalonia, Greece.
8.00 **Jamie Cooks the Mediterranean**
9.00 **The Great British Bake Off** Alison Hammond and Noel Fielding welcome twelve new bakers to the contest.
10.35 **FILM Murder on the Orient Express** Mystery directed by and starring Kenneth Branagh. (2017, 12, 114min) ★★★
12.50 AM **Taskmaster**
1.55 **8 Out of 10 Cats Does Countdown**
2.55 **Gogglebox**
3.55 **to 4.55** AM **Celebrity Gogglebox**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Faith:* 10/24. A Marine is killed after changing his religion. **7.00** *Ignition:* 11/24. The team investigate the murder of a Navy pilot. **8.00** *Flesh and Blood:* 12/24. Tony's father is linked to an attempted assassination. (S7)
9.00 **Blue Bloods** *Protest Too Much:* 17/23. Danny must track down a pair of thieves. (S3)
10.00 **Law & Order: Special Victims Unit** *Juvenile:* 9/25. The detectives hunt two students. **11.00** *Resilience:* 10/25. A suicide attempt opens up a dark secret. (S4)
11.55 **Blue Bloods** (S1)
12.55 AM **NCIS** (S19)
2.50 **Lucifer** 25/26. (S3)
3.35 **to 4.00** AM **999: Criminals Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dirty Home Rescue**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
1.00 PM **Traffic Cops: Motorbike Mayhem**
2.00 **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **999: Emergency Call Out** Documentary.
11.05 **999: Critical Condition**
12.05 AM **Sleeping with My Murderer** Crime series.
1.05 **Killer at the Crime Scene** Documentary.
2.05 **GPs: Behind Closed Doors** Medical series.
2.55 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.15 AM **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.15 PM **FILM Santa Fe** Western with Randolph Scott and Janis Carter. (1951, U, 87min) ★★
2.05 **FILM Belle Starr** Western adventure with Gene Tierney. (1941, PG, 87min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Triple bill, including at: **8.00** Dan Brigginshaw is on duty at Spalding's annual flower show.
9.00 **Trucking Hell**
10.00 **Extreme Tow Truckers** New edition Park's Towing race to recover five cars dumped down a steep ravine.
11.00 **WWE Raw Highlights**
12.00 M'T **Police Interceptors**
1.00 AM **999: Criminals Caught on Camera**
2.00 **to 3.00** AM **Trucking Hell**

W

132/133 827 125 25 156

6.10 AM **Young Vets**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition The stakes are high as today's winner will be the first through to the Top 5.
8.00 **Nurses on the Ward** Paediatric nurse Mahbuba deals with a baby who can't breathe.
9.00 **Alex Jones: Making Babies** Alex spends her first shift in Andrology learning about how they analyse and store sperm.
10.00 **999 Rescue Squad**
11.00 **Nurses on the Ward**
12.00 M'T **One Born Every Minute** Documentary.
1.00 **to 3.00** AM **The Hairy Bikers' Northern Exposure**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **Pie in the Sky**
3.05 **Bergerac**
4.15 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **'Allo 'Allo!**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Shakespeare & Hathaway: Private Investigators** 9/10. Frank and Lu investigate a death threat. **9.00** 10/10. Frank and Lu encounter a pair of deadly gangsters. (S2)
10.00 **New Tricks**
11.20 **Silent Witness**
1.35 AM **Banished**
2.55 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Thursday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** Sally Gardner.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A vintage pram.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
4.00 **Animal Cops Phoenix**
5.00 **Ambulance**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** Ed Balls researches his ancestry.
10.00 **24 Hour Baby Hospital**
11.00 **Ghost Adventures**
12.00 M'T **The Osbournes Want to Believe**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Money for Nothing**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Catchphrase**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** Guests David Coulthard, Aldo Zilli and Shaun Williamson take part.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Chris Tarrant hosts the quiz.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

8.10 AM **Wild West Chronicles** Double bill.
9.20 FILM **Apache Ambush** Western. (1955, U) ★★
10.45 **The Blitz on London**
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM FILM **Fury At Gunsight Pass** Western. (1955, b/w, 15) ★
2.30 FILM **Mackenna's Gold** Western. (1968, 15, 136min) ★★★
5.15 FILM **Battle Stations** War drama. (1956, b/w, U, 81min) ★★
7.15 FILM **Miami Magma** Thriller. (2011, 15) ★★
9.00 FILM **To End All Wars** War drama. (2002, 15, 112min) ★★★★
11.25 FILM **Kickboxer: Vengeance** Thriller. (2016, 15, 90min) ★★
1.15 AM FILM **7 Seconds** Thriller. (2005, 15) ★★
3.20 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **Wandering Eye** Thriller. (2011, PG) ★★
11.00 FILM **Murder at the Mansion** Thriller. (2018, PG, 90min) ★★
1.00 PM FILM **The Sinister Surrogate** Thriller. (2018, 12, 90min) ★★
3.00 FILM **Til Death Do Us Part: An Aurora Teagarden Mystery** Drama. (2021, PG) ★★
4.40 FILM **Fly Away Home** Adventure. (1996, U, 107min) ★★★★
6.55 FILM **Streetfighter** Drama. (1994, 12, 102min) ★★
9.00 FILM **Parker** Thriller. (2013, 15) ★★★
11.20 FILM **Drive** Thriller. (2011, 18) ★★★★★
1.25 AM FILM **Bunraku** Action fantasy. (2010, 15, 119min) ★★★
4.00 **to 6.00** AM FILM **Hidden in Plain Sight** Thriller. (2019, 12) ★

+1 hour 322 61

GREAT! christmas
319 424 52 303

8.00 AM FILM **Hearts of Christmas** Drama. (2016, PG, 86min) ★★
10.00 FILM **His & Her Christmas** (2005) ★★
12.00 NOON FILM **The Christmas Cabin** Comedy. (2019, PG) ★★
2.00 PM FILM **A Christmas Kiss** (2011, PG) ★★
4.00 FILM **Another Christmas Kiss** Drama. (2014, PG, 90min) ★★
6.00 FILM **Merry Kissmas** Drama. (2015, PG) ★★
8.00 FILM **A Cinderella Christmas** Comedy. (2016, PG, 93min) ★★
10.00 FILM **A Husband for Christmas** Comedy. (2016, PG, 87min) ★★
12.00 M'T FILM **All I Want for Christmas** Fantasy. (2013, PG, 88min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Gift of Christmas** Drama. (2020, PG) ★★

+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 16/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **Star Trek: Deep Space Nine** 24/26. (S3)
11.00 FILM **An Eye For An Eye** Western drama. (1966, U, 90min) ★★
1.00 PM FILM **Angel and the Bad Man** Western. (2009, PG, 95min) ★★
3.00 FILM **Meteor Moon** Sci-fi. (2020, PG) ★★
5.00 **Star Trek** 2/24. (S3)
6.00 **Star Trek: Deep Space Nine** 25/26. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Acts of Violence** Drama with Bruce Willis. (2018, 15, 86min) ★★
10.50 FILM **What Keeps You Alive** Suspense thriller. (2018, 15, 98min) ★★
12.45 AM FILM **Fright Fest** Horror. (2018, 15) ★
2.35 **to 4.20** AM FILM **She Never Died** Thriller. (2019, 15, 89min) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Wheeler Dealers**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Aussie Gold Hunters**
9.00 **Paranormal: Caught on Camera**
10.00 **Help! My House Is Haunted** Documentary.
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Barefoot Contessa**
9.00 **The Kitchen**
10.00 **American Adventure**
11.00 **Provence Masterclass**
12.00 NOON **Great British...**
3.00 PM **The Hairy Bikers'...**
4.00 **Barefoot Contessa**
5.00 **The Pioneer Woman**
6.00 **Favourite Feasts**
6.30 **James Martin's United Cakes of America**
7.00 **Great British Bake Off**
8.00 **Provence Masterclass**
9.00 **John Torode's Australia**
10.00 **The Hairy Bikers' Food Tour of Britain**
11.00 **Diners, Drive-Ins and Dives: Triple D Nation** New editions Double bill.
12.00 M'T **Guy's Grocery Games** Seafood supper.
1.00 AM **Restaurant: Impossible** In Delaware.
2.00 **to 3.00** AM **Cheap Eats** New editions

+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S6)
11.00 **Home Improvement**
1.00 PM **Last Man Standing**
2.00 **Friends** (S2&3)
7.00 **Friends** 9/25. Ross and Monica become rivals. **7.30** 10/25. Rachel quits her waitressing job. **8.00** 11/25. Chandler gets drunk and falls for one of Joey's sisters. **8.30** 12/25. Joey has an audition for a Broadway musical. (S3)
9.00 FILM **Police Academy 4: Citizens on Patrol** Comedy sequel starring Steve Guttenberg. (1987, PG, 87min) ★
10.40 **Lee Evans: XL Tour Live-Uncut**
12.00 M'T **Reno 911!** (S1)
1.00 AM **South Park** (S25)
2.30 **Beavis and Butt-Head**
3.00 **Key & Peele**
3.25 **Criminally Funny**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Guessable?**
10.00 **Takeshi's Castle**
11.00 **Friends** 1-4/25. (S3)
1.00 PM **Impractical Jokers**
3.00 **The Middle** (S4)
5.00 **Last Man Standing**
7.00 **Home Improvement**
9.00 **Friends** 1/24. Rachel struggles to deal with Ross's new relationship. **9.30** 2/24. Phoebe disgusts everyone. **10.00** 3/24. Mr Heckles passes away. **10.30** 4/24. Phoebe reveals she is married to a Canadian. (S2)
11.00 **Friends** 5-8/24. (S2)
1.00 AM **The Middle** (S4)
2.00 **Kevin Bridges: A Whole Different Story**
3.00 **Frank Skinner: Man in a Suit** Stand-up.
3.45 **Ugly Americans** (S1)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
7.45 **Weird or What? with William Shatner**
8.40 **Ancient Aliens**
10.40 **Curse of Oak Island**
11.40 **River Hunters**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Weird or What? with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **Close Encounters**
11.00 **Evidence of the Unexplained**
12.00 M'T **Curse of Oak Island** Documentary.
1.00 AM **Weird or What? with William Shatner**
2.00 **Auction Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Flipping Bangers**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Cash in the Attic**
10.00 **GPs: Behind Closed Doors** Documentary.
11.00 **The Yorkshire Vet**
1.00 PM **World's Most Scenic Railway Journeys**
2.00 **The Yorkshire Vet**
3.55 **Entertainment News**
4.00 **The Highland Vet**
5.00 **Ben Fogle: New Lives in the Wild** In Australia.
6.00 **World's Most Scenic Railway Journeys**
7.00 **Secrets of the Royal Palaces** Hampton Court's Great Hall.
8.00 **Andrew: The Rise and Fall of the Playboy Prince** Documentary.
9.40 **Buried Secrets of the Gold Rush: Drain the Oceans** Recovering ships used in the Gold Rush.
10.40 **Nazi Megastructures**
11.40 **Forged in Fire**
1.30 AM **World War II in Colour** Documentary.
2.30 **to 3.00** AM **Walking Tudor Britain**

HGTV
158 191 44 166

7.00 AM **Renovation Island**
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Renovation Island**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Hotel Inspector**
9.00 **Christina on the Coast** New edition Christina and James revamp a kitchen and living space.
10.00 **Fixer Upper: Welcome Home** A old horse barn.
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **Renovation Island**
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Forensics**
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** Sonic technology helps unravel a murder case. **3.30** A man accused of shooting his wife maintains his innocence. **4.00** A family are found dead after a house fire. **4.30** A gay couple's murder leads to detectives exploring the activities of a white supremacist group.
5.00 **Forensics** Police are called to a New Plymouth home after a body is discovered in a garage. **6.00** Police are called when an abandoned car is found in Hamilton.
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Forensics**
3.00 **Fatal Vows**
4.50 **Medical Detectives**
5.40 **to 6.00** AM **Judge Judy**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin** Documentary.
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints** The quints are invited to be grand marshals in a parade.
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life** A woman heads to Houston for help with her weight.
7.00 **Say Yes to the Dress**
8.00 **Helicopter ER**
10.00 **Hoarding: Buried Alive**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Hoarding: Buried Alive**
4.00 **Helicopter ER**
5.00 **to 6.00** AM **Flip or Flop**

+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM FILM **San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
10.00 **Farscape** 8/22. (S3)
11.00 FILM **Battle Star Wars** Sci-fi with Alyson Gorske. (2020, 12, 86min) ★
1.00 PM FILM **Robot Overlords** Sci-fi starring Ben Kingsley. (2014, 12, 90min) ★★★
3.00 **Farscape** 8/22. (S3)
4.00 **The Prisoner** 6/17. (S1)
5.00 FILM **Sherlock Holmes** Mystery with Ben Syder. (2010, 12, 89min) ★★
7.00 **Farscape** 9/22. (S3)
8.00 **The Prisoner** 7/17. (S1)
9.00 FILM **Bloodthirsty** Lycanthropic horror starring Lauren Beatty. (2020, 15, 84min) ★★
10.45 FILM **30 Days of Night** Horror thriller starring Josh Hartnett.. (2007, 18, 108min) ★★★★
1.00 **to 3.00** AM FILM **Bloodthirsty** As 9.00pm.

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Air Ambulance ER**
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 NOON **Highway Patrol**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted**
4.00 **Quantum Leap** (S1)
6.00 **DC's Legends of Tomorrow** (S2)
8.00 **Highway Patrol**
9.00 **The Force: Manchester**
10.00 **Russell Howard Hour**
11.00 **FBI** 7/23. The team infiltrate a group building bombs. (S5)
12.00 M'T **FBI: International** 7/22. A businessman's bodyguard and girlfriend are kidnapped. (S2)
1.00 AM **Air Ambulance ER**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Wags Miami**
8.00 **Keeping Up with the Kardashians**
10.00 **Famously Single**
12.00 NOON **Botched**
1.00 PM **Revenge Body with Khloe Kardashian**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** A woman visits doctors Terry Dubrow and Paul Nassif about her blown-up lips. **8.00** Paul orders more tests for a woman with a severely botched nose.
9.00 **Keeping Up with the Kardashians** Slanderous rumours circulate on the 25th anniversary of Kim's friend's murder. **10.00** Kim and Kourtney plan a joint birthday party for their daughters.
12.00 M'T **Dr 90210**
1.00 AM **Wags Miami**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **Salvage Hunters**
1.00 PM **Deadliest Catch**
3.00 **Alaskan Bush People**
4.00 **Blowing Up History**
5.00 **Wheeler Dealers** Edd sets Mike the task of finding him a classic American truck.
6.00 **Salvage Hunters** Drew pays a visit to Bamburgh Castle.

9.00 Naked and Afraid...

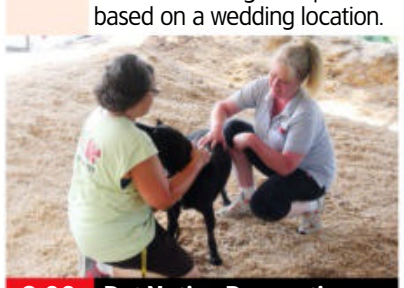
7.00 **Wheeler Dealers** Mike finds a BMW six-cylinder modern classic, the E46 M3 with the subframe already fixed.
8.00 **Outback Truckers** As Australia prepares for a COVID-19 lockdown, Steve Grahame races to beat a border shutdown.
9.00 **Naked and Afraid: Last One Standing** New edition Two rivals go head-to-head in a multi-step water and bushcraft elimination, while Steven uses his tracking skills and out-strategizes Jeff to secure a cache.
11.00 **Expedition X** Searching a lake for a legendary beast.
12.00 M'T **How the Universe Works** The last stars.
1.00 AM **Naked and Afraid: Last One Standing** As 9.00pm.
3.00 **Moonshiners: Master Distiller** Documentary.
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Tanked** An exotic tank.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Living Dinosaur of Liberia: Expedition Mungo**
3.00 **Namibia's Dog-Headed Pig Monster: Expedition Mungo**
4.00 **My Cat from Hell**
5.00 **Lone Star Law** A boat and jet skiers put lives at risk.
6.00 **Tanked** Building an aquarium based on a wedding location.



8.00 Pet Nation Renovation

7.00 **Pit Bulls & Parolees** Adopters want a puppy Tania rescued at birth, but Tia is unsure he will fit in with their other dog.
8.00 **Pet Nation Renovation** 1/2. A Virginia animal shelter is given a top-to-bottom makeover.
9.00 **Growing Up** Charting a year in the lives of baby marsupials being raised by humans in Tasmania.
10.00 **Edge of Alaska** Neil defies both nature and the wishes of the locals by developing his secret construction project.
11.00 **Tiger Shark Beach** Facts about the tiger shark's life.
12.00 M'T **Isle of Jaws: Blood Brothers** Mating and rearing grounds of great white sharks.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Dinosaurs from the Deep: Drain the Oceans**
11.00 **Lost Treasures of Egypt**
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Nazi Megastructures**
4.00 **Ice Road Rescue**
5.00 **Car S.O.S** Fuzz and Tim take on a Vauxhall Cavalier Turbo.
6.00 **Seconds from Disaster** The 1994 crash of an RAF Chinook helicopter in Scotland.

8.00 Building Impossible

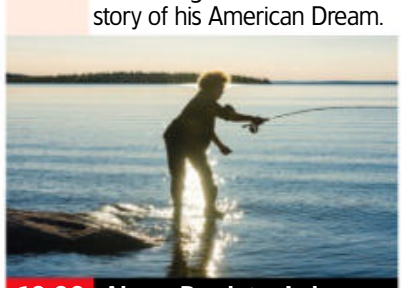
7.00 **Air Crash Investigation** The case of a flight that disappeared from radar while headed for Angola.
8.00 **Building Impossible with Daniel Ashville** New edition Daniel helps build the LA Clippers' new home, Intuit Dome.
9.00 **Wicked Tuna** New edition With the end in sight, most of the fleet steam down to Chatham to try and catch a big one.
10.00 **First Alaskans** New edition Tig and his daughters hunt moose, while Marvin goes fishing.
11.00 **Air Crash Investigation**
12.00 M'T **Banged Up Abroad**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Bid & Destroy**
2.55 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Forged in Fire**
8.00 **Storage Wars Canada**
9.00 **Pawn Stars**
10.00 **Craig Charles: UFO Conspiracies**
11.00 **Shipwrecks: When History Resurfaces**
1.00 PM **Storage Wars Canada**
2.00 **Ultimate Mysteries**
4.00 **Britain's Most Historic Towns**
5.00 **Pawn Stars** A cowboy hat.
6.00 **American Pickers** A retired Air Force general reveals the story of his American Dream.



10.00 Alone: Predator Lake

7.00 **Forged in Fire** The best weapon makers compete to recreate the greatest and most deadly blades in history.
8.00 **Pawn Stars** New edition A seller strolls in with a collection of action figures signed by the cast of *The Walking Dead*.
9.00 **Forged in Fire** New edition Two smiths head back to their home forges to create a pair of giant Elephant Swords.
10.00 **Alone: Predator Lake** New edition A sudden shift in weather tests the strength of the survivalists' shelters.
11.00 **Instruments of Death** The impact of the War of the Roses.
12.00 M'T **Pawn Stars** As 5.00pm.
1.00 AM **Storage Wars Canada**
2.00 **WW2 Air Crash Detectives**
3.00 **Pawn Stars** As 8.00pm.
4.00 **Forged in Fire** As 7.00pm.
5.00 **to 6.00** AM **Britain's Most Historic Towns**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Sounds of the Seventies**
7.10 **Impossible Engineering**
8.00 **Abandoned Engineering**
10.00 **Rise of the Nazis**
11.00 **World War Weird**
12.00 NOON **Great Indian Railway Journeys** A trip to Chennai.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **World War Weird**
5.00 **Rise of the Nazis**
6.00 **Great British Railway Journeys** The last bridge built by Isambard Kingdom Brunel. **6.30** Birmingham to Dartmoor.

8.00 Bangers & Cash

7.00 **Antiques Roadshow** Items on the Isle of Wight include a globetrotting trunk and a Japanese jar found in a water tank.
8.00 **Bangers & Cash** New edition Derek heads north to pick up a 1954 Morgan Plus 4 coupé in mint condition.
9.00 **Bangers & Cash: Restoring Classics** The team gamble on restoring a Vanden Plas saloon from the 1970s.
10.00 **Bangers & Cash** Derek struggles to get his message across on a rare trip abroad to pick up a Bentley.
11.00 **Abandoned Engineering** Exploring Agdam, a city in Azerbaijan razed to the ground.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Great British Landmark Fixers** Southend Pier.
2.00 **to 3.00** AM **Sounds of the Seventies**

+1 hour 255 329 74

7 PM
8 PM
9 PM
10 PM

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Fantomworks**
12.00 NOON **Love Your Garden**
1.00 PM **Money for Nothing**
2.00 **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A Victorian kitchen table gets an unusual makeover.
6.00 **Wheeler Dealers: Dream Car**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters** Behind the scenes of a historic railway.
9.00 **Wheeler Dealers** The boys fix up a BMW 335i estate.
10.00 **Chasing Classic Cars**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Ambulance**
2.00 **Fantomworks**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Atlanta** Double bill of editions.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **FBI Files** An officer dies while on duty on the Texan border.
11.00 **Forensic Detectives**
12.00 NOON **Evil Online**
1.00 PM **Reasonable Doubt**
2.00 **Disappeared**
3.00 **Murder on CCTV**
4.00 **Diabolical: Deadly Love**
5.00 **Say Yes to the Dress: UK**
6.00 **Say Yes to the Dress**
7.00 **Long Lost Family**
8.00 **The Killer in My Family**
9.00 **Murder on CCTV**
10.00 **Evil Lives Here** New edition Michael finds out his brother is is committing crimes at night.
11.00 **NEW SERIES Disappeared** Sydney West vanishes after a visit to the Golden Gate Bridge.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A bite mark could solve a murder that occurred after Florida was hit by a spate of robberies in 1993. **7.30** Dated forensic techniques are scrutinised.
8.00 **48 Hours** A boxer is shot and stabbed by her husband, but refuses to go down for the count.
9.00 **Real Detective** An FBS Special Agent tries to find a young boy that was kidnapped from his family home.
10.00 **Bloodline Detectives** New edition The murder of 14-year-old Stephanie Isaacson, a young girl who went missing on her morning walk to school and never returned.
11.00 **Inside Crime**
12.00 M'T **Fatal Vows**
1.00 AM **Real Detective**
2.00 **Bloodline Detectives**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Border Security: Canada's Front Line** Double bill.
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Murdered at First Sight**
2.00 **The Real Manhunter: The Murder of Clare Bernal**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **When Life Means Life**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
10.00 **How I Caught the Killer**
11.00 **World's Most Evil Killers**
12.00 M'T **Killer in My Village**
1.00 AM **The Real Manhunter: The Murder of Bridget 'Bridie' Skehan** Documentary.
2.00 **Killer Siblings**
3.00 **When Life Means Life**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **The War** As 6.30pm.
9.35 **Auschwitz in 33 Objects**
10.40 **Inside Japan's War**
11.50 **A Doctor's Sword**
1.00 PM **Mutant Weather**
2.00 **The War** As 6.30pm.
3.05 **Auschwitz in 33 Objects**
4.15 **Inside Japan's War**
5.20 **A Doctor's Sword**
6.30 **The War** The Allies discover the Nazi concentration camps.
7.35 **Auschwitz in 33 Objects** Following the stories of some holocaust victims, told through personal items taken from them in Auschwitz Birkenau Concentration Camp.
8.40 **Inside Japan's War** American bombing pounds the Japanese home islands and, in August 1945, atomic bombs fall.
9.50 **A Doctor's Sword** The origin of a Samurai sword gifted after the Nagasaki nuclear attack.
10.55 **Auschwitz in 33 Objects**
12.00 M'T **Inside Japan's War**
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

THURSDAY

Thursday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Harrow: A Very British School** Documentary.
7.00 **Discovering: Samuel L Jackson**
8.00 **The Directors**
9.00 **Rolling Stone: Stories from the Edge**
9.50 **The Movies**
10.40 **Allen v. Farrow**
12.00 NOON **Hijacked: Flight 73**
2.00 PM **The Man Who Stole The Scream** Documentary.
3.50 **My Icon: Linford Christie**
4.00 **The Directors**
5.00 **Discovering: Samuel L Jackson**
6.00 **Rolling Stone: Stories from the Edge**
6.50 **The Movies**
7.40 **Allen v. Farrow**
9.00 **The Russell Murders: Who Killed Lin and Megan?**
10.00 **Seve** The story of golfer Severiano Ballesteros.
12.00 M'T **FILM Next Goal Wins** Football documentary. (2014, 15, 95min) ★★★★
2.00 AM **Stirling**
3.15 **Tread** Documentary.
5.00 **to 6.00** AM **Discovering: Samuel L Jackson**

Sky Nature

124/125 822 189 354 369

6.00 AM **Dogs with Extraordinary Jobs** Documentary.
7.00 **Monkey Life**
8.00 **Rewilding**
9.00 **Africa's Underwater Wonders**
10.00 **Wild Tales from the Farm**
11.00 **Wildlife ER**
12.00 NOON **Extreme Animals...**
1.00 PM **Monkey Life**
2.00 **Rewilding**
3.00 **Africa's Underwater Wonders**
4.00 **Wild Tales from the Farm**
5.00 **Wildlife ER**
6.00 **Extreme Animals: One Wild Day** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Into the Wild: Colombia**
9.00 **Micro Monsters with David Attenborough** Double bill.
10.00 **Extreme Animals: One Wild Day** Documentary.
11.00 **Wildlife ER** Double bill.
1.00 AM **Africa's Wild Horizons**
2.00 **Into the Wild: Colombia**
3.00 **Wildest New Zealand**
4.00 **Rewilding**
5.00 **to 6.00** AM **Africa's Underwater Wonders**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Brad Meltzer's Decoded**
9.00 **Ancient Aliens**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Double bill of editions.
3.00 **Shipwrecks: When History Resurfaces** The Philippine Sea.
4.00 **Lost Relic Hunters**
5.00 **Close Encounters Down Under**
6.00 **Ideas That Changed the World**
7.00 **What on Earth?** Documentary series exploring anomalies appearing on satellite images.
8.00 **Human Torpedoes of WW2**
9.00 **Secrets of Great British Castles** Caernarfon Castle.
10.00 **Lost Pirate Kingdom** Tensions rise between Henry Jennings and Benjamin Hornigold.
11.05 **Paranormal: Caught on Camera**
12.00 M'T **Ancient Aliens**
2.00 AM **The UnXplained with William Shatner**
3.00 **Human Weapon**
4.00 **to 6.00** AM **Britain's Most Historic Towns**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Homicide: Hours to Kill**
10.00 **Killer in Plain Sight**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **#Textmewhenyougethome**
2.00 **Imperfect Murder**
3.00 **Green Eyed Killers**
4.00 **Killer Britain with Dermot Murnaghan**
5.00 **Homicide Hunter**
6.00 **The First 48** Double bill.
8.00 **Homicide: Hours to Kill**
9.00 **The First 48** New edition Tulsa detectives go to Texas to track down their suspects.
10.00 **Murder Detective**
11.00 **Homicide Hunter**
12.00 M'T **Cruise Ship Killers**
1.00 AM **The First 48**
2.00 **Killer Britain with Dermot Murnaghan**
3.00 **#Textmewhenyougethome**
4.00 **Homicide: Hours to Kill**
5.00 **to 6.00** AM **Fear Thy Neighbour**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Wild Indonesia**
10.00 **World's Deadliest**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Monster Fish of the Congo**
3.00 **Crocpocalypse**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Fish Tank Kings**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Staff have their hands full with a koala.
8.00 **Wicked Tuna** After bad weather, the seas are crowded.
9.00 **Swamp Men** Cory, Robert and Keith struggle to relocate a raucous gang of wild hogs.
10.00 **When Sharks Attack 360** The team analyse a shark's eye view to find out whether certain colours can trigger an attack.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Swamp Men**
2.00 **Mega Piranha**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **Aircrash Unsolved: The Mystery of Helios 522**
8.00 **Ultimate Warfare**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: Restorers**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **Unsolved History**
3.00 **Blowing Up History**
4.00 **Mysteries at the Museum**
5.00 **Ultimate Warfare**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters** Drew tries to charm Lady Arran at a stately home in Barnstaple.
11.00 **Salvage Hunters: Restorers**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Titanic: Stories from the Deep** Four editions.
1.00 PM **Monster Ships**
3.00 **Titanic: Stories from the Deep** Four editions.
7.00 **Monster Ships** The *Orca*, which has the ability to raise its hull 17 metres out of the water. **8.00** The *Crown Princess*.
9.00 **Titanic: Stories from the Deep** Featuring stories of enduring love, including that of Isidor and Ida Straus. **10.00** A look at the mysterious story of Howard Irwin, whose suitcase was aboard the *Titanic*, even though he wasn't. **11.00** The high cost of surviving the sinking, including the tragic story of Frederick Fleet. **12.00** M'T The story of Fifth Officer Harold Lowe, whose lifeboat was one of the few to go back and pick up survivors.
1.00 AM **Monster Ships**
3.00 **Titanic: Stories from the Deep** Triple bill of editions.
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared** Ashley Summers.
5.00 **Murder Comes to Town**
6.00 **Forensic Detectives**
7.00 **People Magazine Investigates**
8.00 **True Conviction** A case in which an New York cab driver was shot dead in his car.
9.00 **Menendez Brothers: Misjudged?** In 1993, a shocking 'celebrity murder trial' featured the unlikeliest killers, the Menendez Brothers. Now, this case is still debated in an unexpected place – TikTok.
11.00 **Keep Sweet: Pray and Obey**
1.00 AM **Betrayed** Cindy Thompson.
2.00 **Evil Lives Here**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Extreme RVs**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Shipwreck Men**
4.00 **Vintage Voltage**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers**
8.00 **Vintage Voltage**
9.00 **Extreme RVs** The builders create a track-side mobile mansion for a racing driver.
10.00 **Shipwreck Men** Holiday-makers on a boating trip find themselves running into trouble.
11.00 **Mega Shippers**
12.00 M'T **Vintage Voltage**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Wrench'd**

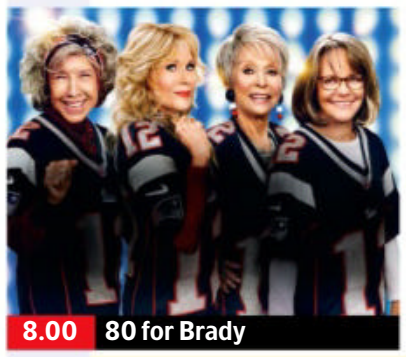
+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **All My Puny Sorrows**
8.35 **Marcel the Shell with Shoes On** As shown at 4.15pm.
10.25 **Knock at the Cabin** (2022)
12.20 PM **80 for Brady** As 8.00pm.
2.15 **All My Puny Sorrows** Drama. (2021, 15, 103min) ★★★
4.15 **Marcel the Shell with Shoes On** Animated family comedy. (2022, PG, 90min) ★★★★
6.05 **Knock at the Cabin** Horror mystery with Dave Bautista. (2022, 15, 100min) ★★★★



8.00 80 for Brady

8.00 **80 for Brady** Comedy starring Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field. Four friends embark on a road trip to the Super Bowl. (2022, 12, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **God Is a Bullet** Crime thriller starring Nikolaj Coster-Waldau. A former detective infiltrates the cult that murdered his ex and kidnapped his daughter with the help of its only escapee. (2023, 18, 156min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Scream VI** Horror sequel. (2023, 18, 122min) ★★★
2.05 AM **Spin Me Round** Comedy. (2022, 18, 104min) ★★
4.00 **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★
5.45 **to 6.00** AM **The Cinema List: Unmissable Sky Originals**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.00 AM **Summerland** Drama. (2020, 12, 99min) ★★★
7.45 **Teen Wolf** As 3.45am.
9.25 **Twilight Saga: New Moon** Thriller. (2009, 12) ★★★
11.40 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
1.50 PM **Pain & Gain** Comedy. (2013, 15, 124min) ★★★
4.05 **Vampire in Brooklyn** Horror. (1995, 15, 101min) ★★
5.50 **Twilight Saga: Eclipse** Thriller sequel. (2010, 12) ★★★

10.00 King Kong

8.00 **The Lost City** Adventure comedy starring Sandra Bullock and Channing Tatum. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both in danger. With Daniel Radcliffe. (2022, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **King Kong** Peter Jackson's remake of the classic monster movie, starring Naomi Watts, Jack Black and Adrien Brody. A film crew encounter a giant gorilla to whom the natives offer human sacrifices. (2005, 12, 187min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **The Raid 2** Action thriller sequel starring Iko Uwais. (2014, 18, 150min) ★★★★
3.45 **Teen Wolf** Teen comedy. (1985, PG, 90min) ★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.25 AM **A Journal for Jordan**
9.40 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
11.30 **Dallas Buyers Club** Drama. (2013, 15, 114min) ★★★★
1.30 PM **The King's Speech** Drama. (2010, 12, 118min) ★★★★★
3.35 **Selma** Fact-based drama. (2014, 12, 128min) ★★★★★
5.45 **Erin Brockovich** Drama. (2000, 15, 133min) ★★★★

8.00 **Big Fish** Director Tim Burton's fantasy drama about a man who charms everyone with his incredibly exaggerated stories about himself. Stars Ewan McGregor, Albert Finney, Billy Crudup and Jessica Lange. (2003, PG, 123min) ★★★
10.10 **Babylon** Comedy drama starring Brad Pitt. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. (2022, 18, 188min) ★★★★

1.20 AM **Lassie** Drama starring Peter O' Toole and Samantha Morton. (2005, PG, 100min) ★★★★
3.05 **A Journal for Jordan** Drama. (2021, 12, 131min) ★★
5.20 **to 7.40** AM **Defiance** World War Two action drama. (2008, 15, 137min) ★★★★

Sky Cinema Dystopia

311 311 411 511 525

6.50 AM **Resident Evil: Degeneration** As 3.10am.
8.30 **Continuum** Sci-fi drama. (2013, 15, 89min) ★★★
10.10 **Biosphere** Comedy drama. (2022, 15, 106min) ★★★
12.00 NOON **Back to the Future Part III** Adventure sequel. (1990, PG, 112min) ★★★★
2.00 PM **Nope** Sci-fi horror thriller. (2022, 15, 130min) ★★★★

4.15 **American Carnage** Horror comedy starring Jenna Ortega. (2022, 15, 98min) ★★★
6.00 **Looper** Time-travel thriller starring Joseph Gordon-Levitt, Bruce Willis and Emily Blunt. (2012, 15, 119min) ★★★★
8.00 **Terminator 2: Judgment Day** Sci-fi action thriller sequel with Arnold Schwarzenegger. (1991, 15, 146min) ★★★★★
10.35 **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. (1992, 15, 105min) ★★★

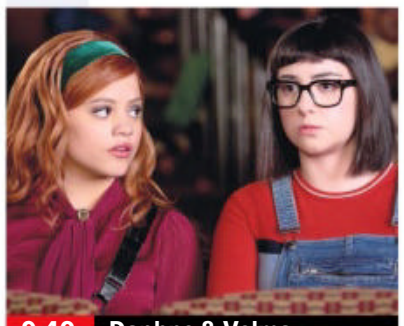
1.00 AM **The Matrix Revolutions** Sci-fi action thriller sequel. (2003, 15, 129min) ★★★
3.10 **Resident Evil: Degeneration** Animation. (2008, 15) ★★
4.50 **Sky Cinema Preview**
5.50 **to 7.35** AM **After Earth** Sci-fi adventure. (2013, 12) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.35 AM **Stuart Little** As 8.05pm.
8.10 **Step Dogs** (2013, U) ★
9.40 **C.I.Ape** As shown at 11.05pm.
11.05 **Matilda** (1996, PG) ★★★★
12.45 PM **Looney Tunes: Back in Action** (2003, PG) ★★★
2.20 **Dakota** Family drama. (2022, PG, 96min) ★★
4.00 **Divergent: Insurgent** Sci-fi adventure sequel. (2015, 12, 116min) ★★
6.05 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★


9.40 Daphne & Velma

8.05 **Stuart Little** Fantasy adventure featuring the voice of Michael J Fox. A New York family adopt a talking mouse as a brother for their nine-year-old son. (1999, U, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Daphne & Velma** Crime comedy starring Sarah Jeffery. The female future members of Mystery Inc. investigate strange goings-on in their school. (2018, PG, 72min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **C.I.Ape** Family comedy starring Sophia Alongi. (2021, PG, 82min) ★
12.30 AM **Agent Cody Banks** Spy comedy with Frankie Muniz. (2003, 12, 102min) ★★
2.15 **Ghost Squad** Adventure. (2015, PG, 86min) ★★★
3.45 **Hot Dog Derby** Comedy. (2013, U, 82min) ★★
5.10 **to 6.50** AM **Mee-Shee: The Water Giant** Adventure. (2005, PG, 94min) ★★★

Sky Cinema Action

307 307 407 507 521

6.00 AM **Rogue Hostage** (2021)
7.50 **Batman & Robin** Fantasy. (1997, PG, 125min) ★★
10.10 **Vertical Limit** Adventure. (2000, 12, 124min) ★★★
12.30 PM **Inception** Sci-fi thriller. (2010, 12, 148min) ★★★★★
3.10 **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
5.40 **Dungeons & Dragons: Honour Among Thieves** Adventure starring Chris Pine. (2023, 12, 134min) ★★★★

8.00 The Equalizer

8.00 **The Equalizer** Action thriller starring Denzel Washington and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. With Marton Csokas and David Harbour. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

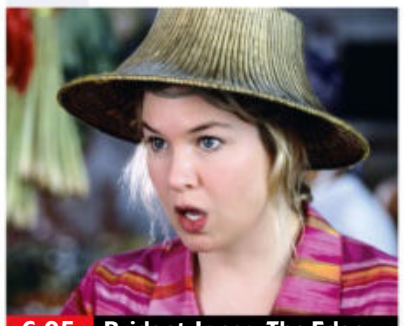
10.15 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is killed, vigilante Robert McCall sets out to avenge her death. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Bad Boys for Life** Action comedy sequel with Will Smith. (2020, 15, 124min) ★★★
2.30 **Rogue Hostage** Thriller. (2021, 15, 93min) ★★
4.10 **to 6.30** AM **First Knight** Romantic mythical drama. (1995, PG, 134min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **Paul Dood's Deadly...**
7.40 **Army of One** (2016) ★★
9.15 **Bros** As shown at 1.40am.
11.15 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★
12.55 PM **Not Another Teen Movie** Spoof. (2001, 15, 89min) ★
2.30 **Everybody Wants Some!!** Comedy. (2016, 15) ★★★★
4.35 **Black Sheep** Comedy. (1996, 12, 87min) ★★
6.05 **Bridget Jones: The Edge of Reason** (2004, 15) ★★★


6.05 Bridget Jones: The Edge...

8.00 **Made of Honor** Comedy starring Patrick Dempsey, Michelle Monaghan and Kevin McKidd. A single man realises he is in love with his best friend and tries to stop her marrying someone else. (2008, 12, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Hitch** Romantic comedy starring Will Smith. A professional 'date doctor' discovers his expertise counts for nothing when he falls in love. With Eva Mendes and Kevin James. (2005, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★
1.40 AM **Bros** Romantic comedy. (2022, 15, 115min) ★★★★
3.40 **The Brits Are Coming** Crime caper. (2018, 15, 90min) ★
5.20 **to 6.55** AM **Goon** Comedy. (2011, 15, 91min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **Birthday Cake** Thriller. (2021, 15, 93min) ★★
7.50 **No Man of God** As 4.45am.
9.45 **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
12.00 NOON **Haywire** Action thriller. (2012, 15, 88min) ★★★★
1.35 PM **A Walk Among the Tombstones** (2014, 15) ★★★
3.35 **No Country for Old Men** Thriller. (2007, 15) ★★★★
5.40 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★

10.00 The Manchurian Candidate

8.00 **Gone Baby Gone** Crime drama starring Casey Affleck and Ed Harris. Hired to investigate the disappearance of a young girl, a private eye duo soon realise the case involves more than just a kidnapping. (2007, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Manchurian Candidate** Thriller with Liev Shrieber and Denzel Washington. A war hero wins the US vice-presidential nomination, but his former platoon commander finds he is being manipulated. (2004, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **King of New York** Thriller. (1989, 18, 104min) ★★★★
2.00 **Pulp Fiction** Crime comedy. (1994, 18, 154min) ★★★★★
4.45 **to 6.30** AM **No Man of God** Drama starring Elijah Wood. (2021, 15, 100min) ★★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Guns of Navarone** World War Two adventure. (1961, PG, 150min) ★★★★
2.10 PM **We're No Angels** Comedy starring Humphrey Bogart. (1954, U, 106min) ★★★★
4.20 **Man of the West** Western. (1958, 12, 96min) ★★
6.20 **Valerian and the City of a Thousand Planets** Sci-fi adventure with Dane DeHaan. (2017, 12, 136min) ★★★

11.50 Wildfire

Valerian and the City of a Thousand Planets (film started at 6.20pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Clear and Present Danger** Action thriller starring Harrison Ford, Willem Dafoe and Anne Archer. CIA agent Jack Ryan discovers links between a Colombian drugs cartel and the American government. (1994, 12, 141min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **PREMIERE** **Wildfire** Drama starring Nora-Jane Noone and Nika McGuigan. A woman is confronted with her family's traumatic past when her missing sister returns home after a year. (2020, 15, 105min) ★★★★ *See review, page 23.* **11 PM**
1.35 **to 3.30** AM **Concrete Plans** Thriller with Amber Rose Revah. (2020, 15, 92min) ★★★

+1 hour 314 430 47 301

Sky Cinema Antiheroes

302 302 402 502 516

6.15 AM **Promising Young Woman**
8.15 **To Catch a Killer** As 4.10am.
10.25 **Resident Evil** Horror thriller. (2002, 15, 100min) ★★★
12.20 PM **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★
2.10 **Pig** Drama with Nicolas Cage. (2021, 15, 92min) ★★★★
3.55 **Morbius** Fantasy adventure. (2022, 12, 104min) ★★

5.55 **Suicide Squad** Adventure. (2016, 15, 123min) ★★★
8.00 **Chinatown** Thriller starring Jack Nicholson. A private investigator takes a routine matrimonial case and stumbles into a web of deceit and murder. (1974, 15, 131min) ★★★★★
10.25 **Shaft** Crime thriller starring Samuel L Jackson as a streetwise New York cop seeking to bring down the racist killer of a young black student. (2000, 18, 99min) ★★★

12.20 AM **Rambo** Action sequel. (2008, 18, 92min) ★★★
2.05 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
4.10 **to 6.20** AM **To Catch a Killer** Thriller with Shailene Woodley. (2023, 15, 119min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Young at Heart** Musical. (1954, U, 117min) ★★★
8.00 **Legend** Fantasy adventure. (1985, PG, 94min) ★★★
9.50 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
12.20 PM **Funny Face** Musical. (1956, U, 103min) ★★★★
2.05 **Monster's Ball** Crime drama. (2002, 15, 111min) ★★★★

4.05 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
6.00 **Cry Macho** Western with Clint Eastwood and Dwight Yoakam. (2021, 12, 104min) ★★
8.00 **Alfie** Comedy drama starring Michael Caine as a womanising Cockney who finally meets his match. With Shelley Winters. (1966, 15, 114min) ★★★★
10.00 **Paper Moon** Oscar-winning comedy starring Ryan O'Neal and his daughter Tatum. (1973, b/w, PG, 100min) ★★★★

11.50 **Let's Dance** Vintage musical. (1950, U, 112min) ★★
1.50 AM **Double Jeopardy** Thriller. (1955, PG, 70min) ★★★
3.10 **Carry On Cleo** Comedy. (1964, PG, 90min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.45 AM **Daisy Quokka: World's Scariest Animal** As 8.40pm.
8.20 **Dogtanian and the Three Muskehounds** (2021, U) ★
9.55 **Lego Scooby-Doo! Haunted Hollywood** (2016, U) ★★★
11.20 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
1.00 PM **The Wild Thornberrys Movie** Animated adventure. (2002, U, 85min) ★★★★

2.30 **The Rugrats Movie** Animated comedy. (1998, U, 80min) ★★★
4.00 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
5.35 **Fireheart** (2022, U) ★★★
7.10 **Millennium Actress** Animation. (2001, PG, 87min) ★★★
8.40 **Daisy Quokka: World's Scariest Animal** (2020, U) ★★★
10.15 **LEGO DC Comics Super Heroes: Justice League – Gotham City Breakout** Animated adventure. (2016, U, 75min) ★★★

11.40 **Vic the Viking** (2019, U) ★★
1.05 AM **Lego DC Shazam! Magic and Monsters** Animation. (2020, U, 81min) ★★★
2.30 **Fireheart** As 5.35pm.
4.05 **Mosley** (2019, PG) ★★★
5.45 **to 7.20** AM **Daisy Quokka: World's Scariest Animal**

Movies 24

325 419

7.00 AM **At Home in Mitford** Drama. (2017, PG, 84min) ★★
9.00 **The Baker's Son** Romantic fantasy. (2021, PG, 84min) ★★
11.00 **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
1.00 PM **A Picture Perfect Wedding** Romantic drama. (2021, PG, 90min) ★★
3.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★

5.00 **Chronicle Mysteries** *The Retreat:* Alex and Drew investigate a self-help retreat.
7.00 **Save the Wedding** Romantic drama starring Kasey Landoll and Travis Burns. A wedding planner must work together with the best man to help the bride get over her last minute nerves. (2021, PG, 86min) ★★
9.00 **Feature Film**
11.00 **A Nashville Legacy** Romantic comedy starring Andrea Lewis. (2023, PG, 85min) ★★

1.00 AM **Song & Story: Amazing Grace** Drama starring Bresha Webb. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **A Priceless Love** Drama starring Erin Agostino. (2022, PG, 85min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Larkins** 3/6. (S3)
6.35 **Operation Diplomat** Drama. (1953, b/w, U, 70min) ★★
7.55 **Bulldog Drummond's Secret Police** (1939, b/w, PG) ★★
9.00 **Black Saddle** (S2)
9.30 **Come Back Peter** Comedy. (1952, b/w, U, 80min) ★★
11.05 **The World of Budgerigars**
11.25 **Bus Stop** Comedy drama. (1956, U, 96min) ★★★★

1.15 PM **Wings of Danger** Thriller. (1952, b/w, PG, 73min) ★★
2.30 **Crown Court**
3.00 **A Cry from the Streets** Drama. (1958, b/w, U, 100min) ★★★
4.55 **Action Stations** Crime thriller. (1956, b/w, PG, 50min) ★★
6.00 **The Aviator** Aerial adventure. (1985, PG, 93min) ★
8.00 **The Saint** 8/9. (S4)
9.00 **Rumpole of the Bailey** (S3)
10.05 **Mademoiselle** Drama starring Jeanne Moreau. Partly subtitled. (1966, b/w, 15, 99min) ★★

12.10 AM **Murder by Contract** Thriller starring Vince Edwards. (1958, b/w, 15, 80min) ★★★
1.45 **Blame It on the Bellboy** Comedy. (1991, 15, 78min) ★
3.20 **Dick Tracy Returns** Thriller. (1938, b/w, PG, 125min) ★★
5.25 **to 6.00** AM **One Step Beyond**

Thursday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.30 **LIVE The Junior Ryder Cup** Coverage of the match featuring some of golf's rising stars, as the top junior players from Europe and the USA battle it out at Marco Simone Golf and Country Club.
12.30 PM **Ryder Cup Golf** A look at all the latest news, analysis and action from the 44th Ryder Cup.
3.00 **LIVE Ryder Cup Golf** Coverage of the opening ceremony of the Ryder Cup.
6.00 **Sky Sports News** Round-up of the latest sports news.
7.00 **Ryder Cup Golf** A preview of the action to come from Marco Simone Golf and Country Club in Rome, as Team Europe and Team USA compete in golf's biggest team tournament.
8.30 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **LIVE NFL Green Bay Packers v Detroit Lions.** Coverage of the week four encounter, which takes place at Lambeau Field. Kick-off **1.15am**.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** With Matt Le Tissier. **12.30** PM With Sol Campbell.
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals** A selection of memorable strikes from the 2003/04 season.
5.00 **Premier League 100 Club**
6.00 **Premier League Legends**
7.00 **Premier League: Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox** The presenter talks to Thierry Henry. **8.30** With Robbie Keane.
9.00 **Premier League: Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
10.30 **PL Retro** Chelsea v Liverpool from the 2002/03 season.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2009/10**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Play-off Final C'Ship 2015/16** Hull City v Sheffield Wednesday at Wembley Stadium.
7.00 **EFL Play-off Final League 1 2015/16** Barnsley v Millwall.
8.00 **EFL Play-off Final League 2 2015/16** AFC Wimbledon v Plymouth Argyle at Wembley.
9.00 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL Cup Highlights**
12.30 PM **EFL Cup**
2.30 **EFL Highlights**
3.30 **Bundesliga Highlights Show**
4.30 **EFL Highlights**
5.00 **EFL Cup Highlights**
5.30 **EFL Highlights**
6.00 **Bundesliga Weekly**
6.30 **EFL Highlights**
7.00 **EFL Cup Highlights** Action from Manchester Utd v Crystal Palace. **7.30** Newcastle v Manchester City.
8.00 **Scottish Premiership Round-Up**
8.15 **SPFL Highlights**
8.30 **EFL Goals: Leagues 1 & 2**
9.00 **Bundesliga Weekly**
9.30 **EFL Cup Highlights**
10.30 **Scottish Premiership Round-Up**
10.45 **SPFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The World Cup Through Their Eyes** A look back at England's victorious World Cup through the eyes of the players.
8.00 **World Cup Cricket Classics** Bangladesh v Pakistan: Action from the 1999 Group B match at the County Ground, Northampton.
9.00 **England's Road to the World Cup** Action from England's 2019 group stage matches.
6.00 PM **ICC Cricket World Cup** Australia v England: Action from the second semi-final of 2019. **7.00** England v New Zealand: Action from the 2019 final, which took place at Lord's in London.
8.00 **The Barest of Margins** The 2019 ICC Men's Cricket World Cup, which ended with a final between England and New Zealand.
9.00 **ICC Men's CWC: The Preview** A look ahead to the Cricket World Cup, which begins on 5 October.
10.00 **ICC Cricket World Cup** Action from the semi-finals and final.
1.00 AM **The World Cup Through Their Eyes** A look back at England's victorious World Cup.
3.00 **to 6.00** AM **ICC Cricket World Cup**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Perfection In Paris**
8.00 **Luke Donald: Cool Hand Luke**
8.30 **PGA Tour: The Cut**
9.00 **Countdown to the Ryder Cup**
9.30 **LIVE The Junior Ryder Cup** Coverage of the match featuring some of golf's rising stars, as the top junior players from Europe and the USA battle it out at Marco Simone Golf and Country Club.
12.30 PM **Ryder Cup Golf** A look at the latest news, analysis and action from the 44th Ryder Cup.
3.00 **LIVE Ryder Cup Golf** Coverage of the opening ceremony of the Ryder Cup.
6.00 **Ryder Cup Captain's Dinner**
7.00 **Ryder Cup Golf** A preview of the action to come from Marco Simone Golf and Country Club in Rome, as Team Europe and Team USA compete in golf's biggest team tournament.
8.30 **Ryder Cup** Another chance to see the opening ceremony.
11.30 **Ryder Cup** A preview in Rome.
1.00 AM **Countdown to the Ryder Cup** A look at the two teams.
1.30 **Luke Donald: Cool Hand Luke**
2.00 **Countdown to the Ryder Cup**
4.30 **to 6.00** AM **Ryder Cup**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **The WRC Magazine**
6.30 **Premier League Reload**
6.45 **What Went Down**
7.15 **WWE NXT** Wrestling action.
9.00 **TNT Sports Reload**
9.30 **Fishing: On the Bank**
10.30 **V8 Supercars Highlights**
11.30 **WRC Review: Rally Chile**
12.30 PM **Serie A** A replay of matches from Italy's top-flight football.
5.30 **LIVE Serie A Frosinone v Fiorentina.** Coverage of the Italian top-flight match at Stadio Benito Stirpe. Kick-off **5.30pm**.
7.30 **LIVE Serie A Genoa v AS Roma.** Coverage of the Italian top-flight encounter at Stadio Luigi Ferraris. Kick-off **7.45pm**.
9.45 **Premier League Reload**
10.00 **Premier League: The Big Interview**
10.30 **MLB: Off the Bat** A round-up of Major League Baseball action.
11.00 **LIVE MLB** Coverage of a Major League Baseball encounter.
2.30 AM **MLB Plays of the Week** Exciting plays from the past week.
3.00 **MLB: Off the Bat**
3.30 **Glenn Hoddle: Extra Time**
5.00 **Ligue 1 Show**
5.30 **to 6.00** AM **What I Wore**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **MotoGP Highlights**
7.00 **Fight Night Live**
9.00 **MotoGP Highlights**
10.00 **Behind the Game**
10.30 **UEFA Europa League Highlights Show**
11.30 **The Football Archives: UEFA Champions League**
2.30 PM **Fishing: On the Bank**
3.30 **New Signing**
4.00 **V8 Supercars Highlights** Action from the Sandown 500.
5.00 **Premier League Netbusters**
5.30 **LIVE Serie A Monza v Bologna.** Coverage of the Italian top-flight match at U-Power Stadium. Kick-off **5.30pm**.
7.30 **Ligue 1 Show**
8.00 **Premier League Stories**
8.30 **Premier League Reload**
8.45 **Glenn Hoddle: Extra Time**
10.30 **Fishing: On the Bank**
11.30 **Ligue 1 Show**
12.00 M'T **MotoGP Highlights**
1.00 AM **LIVE MotoGP** Coverage of the first free practice session from the Grand Prix of Japan.
3.45 **MotoGP Rewind**
5.15 **to 6.00** AM **LIVE MotoGP** The second free practce session from the Grand Prix of Japan.

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Serie A** Cagliari v AC Milan. **7.00** Verona v Atalanta. **8.00** Empoli v Salernitana.
9.00 **Serie A** Inter Milan v Sassuolo. **10.00** Napoli v Udinese. **11.00** Lazio v Torino.
12.00 NOON **Vanarama National League** Rochdale v Chesterfield.
1.30 PM **TNT Sports Reload**
2.00 **MotoGP Highlights** The best action from the Grand Prix of India.
3.00 **Ligue 1** Montpellier v Rennes. **4.00** Highlights from Paris Saint-Germain v Marseille.
5.00 **WWE Friday Night SmackDown** Wrestling action, featuring Roman Reigns, Drew McIntyre and Charlotte Flair.
6.30 **WWE Monday Night Raw**
9.00 **WWE NXT Highlights** The next generation of wrestling stars.
10.00 **Fight Night** Another chance to see Zhilei Zhang v Joe Joyce.
12.00 M'T **Serie A** Action from Frosinone v Fiorentina. **1.00** AM Monza v Bologna. **2.00** Genoa v AS Roma.
3.00 **TNT Sports Reload**
3.30 **Ligue 1 Show**
4.00 **V8 Supercars Highlights**
5.00 **to 6.00** AM **UEFA Champions League Goals Show Retro**

Sky Sports NFL

407 407 865 | 517 507 | 426 446

6.00 AM **NFL Highlights**
7.00 **Jaguars Weekly UK**
7.30 **One Jets Drive**
8.00 **NFL Highlights**
11.00 **Jaguars Weekly UK**
11.30 **One Jets Drive**
12.00 NOON **Good Morning Football**
3.00 PM **NFL Gameday**
3.30 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Las Vegas Raiders v Pittsburgh Steelers.
5.00 **Jaguars Weekly UK**
5.30 **One Jets Drive**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Gameday**
8.30 **NFL Bitesize Highlights**
9.00 **Kansas City Chiefs: The Franchise** Behind the scenes.
9.30 **NFL Gameday** The latest news from the NFL season.
10.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
11.00 **NFL Gameday**
11.30 **NFL Bitesize Highlights**
12.00 M'T **LIVE NFL Green Bay Packers v Detroit Lions.** Coverage of the week four game at Lambeau Field. Kick-off **1.15am**.
4.30 AM **NFL Bitesize Highlights**
5.00 **to 6.00** AM **NFL: America's Game**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **Fight Night International**
8.30 **Formula 1** Japanese Grand Prix.
9.30 **LIVE The Junior Ryder Cup** Coverage of the match featuring some of golf's rising stars, as the top junior players from Europe and the USA battle it out.
12.30 PM **Women's Super League**
1.00 **International Netball**
3.00 **Betfred Super League Highlights** Recent action.
3.30 **Bundesliga Highlights Show**
4.30 **WNBA** Action from the play-offs.
6.30 **Women's Super League**
7.00 **Betfred Super League Highlights** Recent action.
7.30 **LIVE British Basketball London Lions v Bristol Flyers.** Coverage of the BBL match at Copper Box Arena. Tip-off **7.45pm**.
9.45 **International Netball**
11.45 **Women's Super League**
12.00 M'T **Top Rank Boxing Archive**
1.00 AM **Modern Pentathlon**
2.00 **Formula 1** Japanese Grand Prix.
3.00 **British Basketball**
5.15 **Women's Super League**
5.45 **to 6.00** AM **Betfred Super League Highlights**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Vanarama National League**
7.30 **Ligue 1** Recent highlights.
11.30 **TNT Sports Reload**
12.00 NOON **MotoGP Rewind**
12.15 PM **Badminton Weekly**
12.30 **MLB Plays of the Week**
1.00 **MLB** A regular-season match.
3.30 **MLB Epic Moments: Rockies 2007** The Colorado Rockies won 14 of their final 15 matches to set-up a play-in game against San Diego Padres.
4.00 **MLB Epic Moments: Pedro's Peak** Pedro Martinez defies injury to pitch in Game 5 of the 1999 ALDS, and leads the Boston Red Sox to an inspired victory over the Cleveland Indians.
4.30 **MLB** A regular-season match.
7.00 **MLB Plays of the Week**
7.30 **TNT Sports Reload**
8.00 **MLB** A regular-season match.
10.30 **Ligue 1 Show**
11.00 **UFC Fight Night**
2.00 **to 6.00** AM **CPL**

Eurosport 1

413 413 868 | 521 | 412 435

6.05 AM **LIVE Cycling: Tour of Langkawi** Coverage of stage six.
7.35 **Cycling: CRO Race**
8.30 **The Power of Sport**
9.00 **Hall of Fame: London 2012**
10.00 **Snooker: English Open 2021**
11.55 **Cycling** Recent highlights.
1.45 PM **LIVE Cycling: CRO Race** Coverage of the third stage.
3.45 **LIVE Cycling: Circuit Franco-Belge** The men's one-day race.
5.05 **Climbing World Cup**
6.05 **Athletics: Sydney Marathon**
7.00 **Cycling** Recent action.
9.00 **Mountain Biking**
10.00 **SailGP** Round four from Taranto.
11.00 **Cycling** Recent action.
1.00 AM **Speedway Grand Prix**
2.00 **The Power of Sport**
2.30 **Olympic Games: The Power of the Olympics**
2.45 **Cycling: Tour of Langkawi**
3.45 **LIVE Cycling: Tour of Langkawi** The seventh stage.
5.15 **to 6.15** AM **Cycling: CRO Race**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **SailGP** Round four from Italy.
7.00 **Olympic Games: Dreams and Nightmares**
8.00 **World Superbikes**
10.00 **Motocross World Championship** From Hampshire.
11.00 **Olympic Games: Fighting Power**
12.00 NOON **SailGP** Round four.
1.00 PM **Bennetts British Superbikes**
3.00 **FIA World Endurance Championship** Recent action.
5.00 **Cycling: Tour of Langkawi**
6.00 **Motocross World Championship** From Hampshire.
6.30 **British Speedway**
7.30 **LIVE British Speedway** Coverage of the second leg of the second play-off semi-final.
10.00 **World Superbikes**
12.00 M'T **Hall of Fame: Athens 2004**
1.00 AM **Cycling: Tour of Langkawi**
2.00 **Snooker: English Open 2020**
4.00 **British Superbikes**
5.00 **to 6.00** AM **British Superbikes Extra**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **International Netball**
8.00 **Betfred Super League Highlights** Recent action.
10.30 **NRL** The 2022 Grand Final.
11.30 **NRLW** The 2022 Grand Final.
12.30 PM **Women's Super League**
1.00 **US Open Tennis** Carlos Alcaraz v Daniil Medvedev in the semi-final.
4.00 **World Grand Prix Darts**
7.00 **Betfred Super League Highlights** Recent action.
7.30 **LIVE British Basketball London Lions v Bristol Flyers.** Coverage of the BBL match at Copper Box Arena. Tip-off **7.45pm**.
9.45 **Top Rank Boxing Archive**
10.00 **Fight Night International**
11.00 **Top Rank Boxing Archive**
12.00 M'T **WNBA** A play-off match.
2.00 AM **Women's Super League**
2.30 **Betfred Super League Highlights** Recent action.
2.45 **British Basketball**
5.00 **to 6.00** AM **Fight Night International**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 3** Bahrain Grand Prix.
12.10 PM **Sky F1's First Monaco Hot Lap** Natalie Pinkham is driven by Aston Martin's Lance Stroll.
12.15 **Formula 3** Bahrain Grand Prix. **1.30** The Australian Grand Prix.
2.40 **Mario Isola: Medic in Milan**
2.45 **Formula 3** Australian Grand Prix.
3.55 **What Are Track Limits?**
4.00 **Formula 3** Monaco Grand Prix.
6.05 **History of the F1 Safety Car**
6.15 **Formula 3** Spanish Grand Prix.
7.20 **Lewis's Helmet Designs**
7.30 **Formula 3** Action from the Spanish Grand Prix feature race.
8.40 **Motorsport UK In Manchester**
8.45 **Formula 3** Highlights of the Austrian Grand Prix sprint race.
9.50 **Oscar & Martin at Monza**
10.00 **Sky Sports F1 Podcast**
11.00 **Formula 1** Highlights of the Japanese Grand Prix at Suzuka International Racing Course.
12.00 M'T **Ferrari Challenge Europe**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Friday

29 September

Evening Planner

Golf

Ryder Cup
Sky Sports Main Event & Golf, from 6am
Day one of the biennial match tees-off in Italy, where Team USA's Scottie Scheffler will want to get points on the board early.

Sci-Fi

65
Sky Premiere, 12noon & 8pm
Star Wars actor Adam Driver is in another galaxy far, far away as he plays a pilot who crashlands on a primitive Earth.

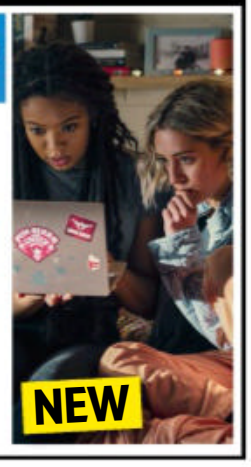
Chat Show

The Graham Norton Show
BBC1, 10.40pm
The host talks to singer Kylie Minogue, actor Stephen Graham and comedians Mawaan Rizwan and David Mitchell.

OnDemand

prime video

Gen V
Available today
The Boys spin-off series, centred on the superheroes-in training at Goldokin University School of Crimefighting.



SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 Make It at... †	8.00 Dragons' Den		9.00 Would I Lie to...	9.30 Mrs Brown's...	10.00 News	
102 BBC2	7.00 Beechgrove...	7.30 Gardeners' World		8.30 Golf: Ryder Cup Highlights			10.00 Red Dwarf	10.30 Newsnight
103 ITV1	7.00 Emmerdale	7.30 Rugby World Cup – Live: New Zealand v Italy (Kick-off 8.00)						10.25 News
104 CHANNEL 4	7.00 News		8.00 PopMaster TV: Grand Final		9.00 Gogglebox		10.00 Open House: The Great Sex...	
105 CHANNEL 5	7.00 Shop Smart, Save Money		8.00 Harvest on the Farm		9.00 Amazing Railway Adventures with...		10.00 Blood Money: The Curse of...	
106 SKY SHOWCASE	7.00 The Simpsons				9.00 Rob & Romesh vs Andy Murray		10.00 Warrior	
ENTERTAINMENT								
115 BBC3	7.00 Phoenix Rise		8.00 Gavin & Stacey		9.00 Life and Death Row		10.00 Film: End of Watch	
116 BBC4	7.00 All New Top of the Pops				9.00 Phil Collins at the BBC		10.00 The Old Grey Whistle...	10.40 TOTP2
118 ITV2	7.00 Ninja Warrior UK: Race for Glory		8.00 Superstore		9.00 Film: There's Something About Mary			
136 MORE4	◂ 6.55 The Dog House Australia	7.55 Grand Designs			9.00 For Life		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.35 Young...	8.00 First Dates Ireland		9.00 Film: Angel Has Fallen			
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 FBI: Most Wanted		10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	◂ 6.50 Ray Donovan	7.55 Game of Thrones			9.00 Billions		10.10 Drift – Partners in Crime	
110 GOLD	7.00 Blackadder Goes Forth	7.40 Dad's Army			9.00 The Royle Family	9.40 The Royle Family at...	10.20 Not Going Out	
111 DAVE	7.00 Richard Osman's House of Games		8.20 Would I Lie to You?		9.00 QI XL			
119 ITV3	7.00 Heartbeat		8.00 Doc Martin				10.05 Endeavour	
120 ITV4	◂ 6.45 Snooker: British Open – Live: Coverage of the evening session on day five						10.00 All Elite Wrestling: Dynamite	
112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: XL Tour		10.00 Kevin Bridges: A Whole Different...	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Westworld			
113 SKY MAX	7.00 Stargate SG-1		8.00 Strike Back: Retribution		9.00 The Lazarus Project		10.00 Warrior	
109 ALIBI	7.00 Elementary		8.00 Death in Paradise					10.20 Shakespeare &...
130 SKY ARTS	7.00 The Joy of Painting		8.00 Discovering Tommy Lee Jones		9.00 The Who: Tommy Live at the Royal Albert Hall			10.30 Maximum...
132 W	7.00 MasterChef Australia			8.30 999 Rescue Squad		9.30 24 Hours in A&E		10.30 Gavin & Stacey
DOCUMENTARY								
125 DISCOVERY	7.00 Gold Rush				9.00 Expedition Bigfoot		10.00 Expedition X	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Legends of the Wild				10.00 Alaska: Surviving the Last Frontier	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Airport Security: Rome		9.00 Air Crash Investigation		10.00 Inside Cocaine Wars: Cartel...	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Shipwrecks: When History Resurfaces		9.00 WW2 Air Crash Detectives		10.00 Air Crash: Disasters Uncovered	
155 YESTERDAY	7.00 Antiques Roadshow		8.00 Secrets of the London Underground		9.00 Bangers & Cash			
121 SKY DOCS	◂ 6.55 The Movies	7.45 Telemarketers			9.00 I Am Bruce Lee			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.20 Tár		8.00 65			9.50 All My Puny Sorrows		
303 HITS	◂ 6.00 The Twilight Saga: Breaking Dawn...		8.00 Hancock			9.45 The Woman in Black		
304 GREATS	◂ 6.00 Alfie		8.00 Birdy				10.00 Boyz N the Hood	
305 ANIMATION	◂ 5.50 Minions...	7.25 Happy Feet Two			9.10 Rabbit Academy			10.35 Mosley
306 FAMILY	◂ 5.45 Nanny McPhee &...	7.40 Annie				9.40 Epic...	10.00 Mee-Shee: The Water Giant	
307 ACTION	◂ 5.50 Bullet Train		8.00 Jason Bourne				10.10 Bad Boys for Life	
308 COMEDY	◂ 5.55 Bridget Jones's Baby		8.00 Kingpin			9.55 Groundhog Day		
309 THRILLER	◂ 5.50 The Manchurian Candidate		8.00 In the Line of Fire				10.20 Saw	
310 DRAMA	◂ 6.05 Eternal Sunshine of the Spotless...		8.00 Coach Carter				10.25 The Impossible	
311 DYSTOPIA	◂ 5.40 The Matrix		8.00 The Matrix Reloaded				10.20 The Matrix Revolutions	
302 ANTIHEROES	◂ 5.40 Batman		8.00 Batman Returns				10.10 The Batman	
313 FILM4	◂ 6.55 Footloose				9.00 Let Him Go			
SPORT								
401 MAIN EVENT	◂ 5.30 Ryder Cup...	7.30 Betfred Super League – Live: Coverage of the first eliminator play-off match					10.15 US Open 9-Ball Pool...	
402 PREMIER LEAGUE	7.00 PL Preview	7.30 PL – The Big...	8.00 Fantasy Show	8.30 Gary Neville's...	9.00 PL Preview	9.30 PL – The Big...	10.00 Fantasy Show	10.30 PL Retro
403 FOOTBALL	7.00 WSL Special...	7.30 EFL – Live: Sheffield Wednesday v Sunderland (Kick-off 8.00)						10.30 WSL Special...
404 CRICKET	7.00 Cricket World Cup						10.00 ICC Men's Cricket World Cup...	
410 TNT SPORTS 1		7.15 Ligue 1 Show	7.45 Ligue 1 – Live: Strasbourg v Lens (Kick-off 8.00)				10.00 UEFA...	10.30 PL Preview
411 TNT SPORTS 2	◂ 6.30 World Rally Championship – Live: Action from Special Stage 4, 5 and 6 of the World Rally Championship					9.30 Badminton...	10.00 Amplified	10.30 MotoGP...

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Fraud Squad** Series finale (S)(AD)
10.45 **Claimed and Shamed** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Northamptonshire. (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Five Bedrooms** New episode *Three Tents:* 5/8. The gang camp out for Benny Chigwell's birthday. (S4) (S)
2.30 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **The Bidding Room** New edition Items include a bumper car. (S)
4.30 **The Vintage French Farmhouse** New edition Antique hunting. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 Mrs Brown's Boys

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **Make It at Market** Dom Chinea gives makers the opportunity to make their crafts into day jobs. (S)(R)

8 PM

8.00 **Dragons' Den** 8/14. A German brewer's high-strength hooch poleaxes a Dragon, while another budding entrepreneur and her four-legged friend present a booking service for dog-friendly businesses. (S)(R)(AD)

9 PM

9.00 **Would I Lie to You?** With panellists Lady Leshurr, Philippa Perry, Alan Titchmarsh and Mike Wozniak. (S)(R)
9.30 **Mrs Brown's Boys** Series finale 4/4. Dermot and Maria renew their vows. (S4) (S)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW SERIES **The Graham Norton Show** Return of the chat show, with guests Kylie Minogue, David Mitchell, Stephen Graham and Mawaan Rizwan. Plus, music from Mae Muller. (S)
11.30 NEW TO BBC1 **RuPaul's Drag Race UK** 1/10. Ten new drag queens enter the 'werk room' for the first time. US supermodel Kristen McMenamy joins Michelle Visage and Alan Carr as RuPaul determines which queen is the first to go. *Previously on BBC3*. (S)
12.40 AM **Blankety Blank** 1/10. Return of the comedy quiz show. (S)(R)
1.15 **Weather for the Week Ahead** (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Vintage French Farmhouse** (R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics UK** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Eggheads** Quiz show. (S)(R)
2.15 **Wanted Down Under** (S)(R)
3.00 **Murder, Mystery and My Family** A 1922 murder case. (S)(R)(AD)
3.45 **Great Canadian Railway Journeys** A trip to Calgary. (S)(R)(AD)
4.15 **Serengeti II** (S)(R)(AD)
5.15 **Flog It!** From Devon. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Ken Bruce, Alice Roberts, Kiell Smith-Bynoe and Perri Shakes-Drayton. (S)
6.30 **Strictly: It Takes Two** New edition A look ahead to the weekend's performances. (S)

7.30 Gardeners' World

7.00 **Beechgrove Garden** Series finale The team look back at how this year's growing season has been. (S)
7.30 **Gardeners' World** New edition Monty Don plants garlic and onions, and Joe Swift visits a gravel garden in Kent, where the gardener has used plants which can withstand very little watering. (S)
8.30 **Golf: Ryder Cup Highlights** Eilidh Barbour presents action from day one at Marco Simone Golf and Country Club in Rome, where Team Europe and Team USA contested foursomes and fourballs matches at the 44th staging of the competition. (S)
10.00 **Red Dwarf** *Confidence and Paranoia:* 5/6. Lister comes down with a mutated strain of pneumonia that makes his hallucinations come to life. (S1) (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Amazing Hotels: Life Beyond the Lobby** 7/8. Monica Galetti and Rob Rinder head to Glenapp Castle in Scotland. (S)(R)(AD)
12.05 AM FILM **His House** Horror with Sope Dirisu and Wunmi Mosaku. (S) (2020, 15, 85min) ★★★★
1.30 **Picasso: The Beauty and the Beast** 2/3. Documentary. (S)(R)(AD)
2.30 **Sign Zone: Panorama – Downfall of the Crypto King** (S)(R)
3.30 **to 6.00** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Spanish Adventure** New edition The chef visits an anchovy producer, sees how ratafia is made, and meets an award-winning chocolatier. (S)(AD)
3.00 **Tenable** New edition Warwick Davis hosts as a family team of five from Clitheroe take part. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Rugby World Cup

7.00 **Emmerdale** Manpreet is stressed, Marlon offers reassurance to Chas, and Tom has positive news. (S)(AD)
7.30 LIVE **Rugby World Cup** New Zealand v Italy: Mark Pougatch presents coverage of both teams' third and penultimate match in Pool A at OL Stadium in Lyon. With analysis from Jonny Wilkinson, Sean Fitzpatrick and Sergio Parisee, reports by Topsy Ojo, and commentary from Martin Gillingham, Ugo Monye and Ben Kay. Kick-off is at 8.00. (S)
10.25 **ITV News** (S)
10.55 **Local News** (S)
11.10 **The NFL Show** A look ahead to the weekend's clash between Jacksonville Jaguars and Atlanta Falcons at Wembley Stadium. (S)
12.05 AM **Heathrow: Britain's Busiest Airport** Documentary. (S)(R)(AD)
12.55 **Wrestling: AEW Collision** (S)(R)
2.35 **Tipping Point** Quiz show. (S)(R)
3.25 **James Martin's Spanish Adventure** (S)(SL)(R)(AD)
4.15 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Tenable** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.05 AM **Countdown** (S)(R)
6.45 **Cheers** 17&18/26. (S5) (S)(R)
7.35 **Everybody Loves Raymond** (S)(R)
8.25 **Frasier** 6-8/25. (S11) (S)(R)(AD)
9.55 **Chateau DIY** (S)(R)(AD)
10.55 **George Clarke's Amazing Spaces** A rotating house. (S)(R)
11.55 **News** (S)
12.00 NOON **Steph's Packed Lunch** New edition Magazine. (S)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home on the Costa Blanca. (S)(R)
4.00 New edition A woman seeks a holiday home in La Zenia, south-western Spain. (S)
5.00 **A New Life in the Sun** (S)(R)
6.00 **Four in a Bed** New edition The B&B owners find out how much they have been paid. (S)
6.30 **The Simpsons** (S)(R)(AD)

9.00 Gogglebox

7.00 **News** (S)
8.00 **PopMaster TV: Grand Final** 6/6. Ken Bruce presents the Grand Final of the TV version of the radio quiz, with the winners of each of the previous five editions returning for the ultimate test. (S)(R)
9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)
10.00 **Open House: The Great Sex Experiment** New edition 7/8. Nicolle and Ben spice things up with Kiki and Sophia, while thrill-seekers Katey and Dan pursue a live sex show experience. (S)(AD)
11.00 **Joe Lycett: I'm About to Lose Control and I Think Joe Lycett** Stand-up performance. (S)(R)(AD)
12.05 AM FILM **Happy Death Day 2U** Horror sequel with Jessica Rothe. (S) (2019, 15, 100min) ★★★★
1.45 **Ramsay's 24 Hours to Hell and Back** From Los Angeles. (S)(R)
2.30 **Come Dine with Me** (S)(R)(AD)
4.45 **Tool Club** A sensory board. (S)(R)
5.35 **to 6.00** AM **Kirstie's House of Craft** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **My Deadly Ex** Thriller starring Vivica A Fox, Yan-Kay Crystal Lowe and Kristin Booth. (S) (2020, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Former police officer Rod sets up a market at an ex-pat club. (S)
5.00 **News** (S)
6.00 **Susan Calman's Grand Day Out** Susan heads to Cumbria, where she meets a storyteller laureate and takes to the largest lake in England. (S)(R)
6.55 **News** (S)

9.00 Amazing Railway Adventures

7.00 NEW SERIES **Shop Smart, Save Money** 1/24. A consumer guide to the latest technological devices on the market. (S)

7.55 **News** (S)

8.00 **Harvest on the Farm** Series finale 4/4. In the finale at the Essex farm, hosts Helen Skelton and Jules Hudson present a harvest festival extravaganza, alongside the Nicholson brothers, Rob and Dave. (S)

9.00 **Amazing Railway Adventures with Nick Knowles** New edition 2/6. Nick travels from Mount Vesuvius to Mount Etna on a journey from Naples to Sicily, where a gyrocopter trip goes terribly wrong. (S)

10.00 **Blood Money: The Curse of Brink's-Mat Robbery** Nearly 40 years on from Britain's biggest gold robbery, police officers and key witnesses, many speaking for the first time, reveal the inside story behind the heist. (S)(R)

11.30 FILM **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt and Julia Roberts. (S) (2001, 12, 125min) ★★★★
1.35 AM **PlayOJO Live Casino Show**
3.35 **Friends** 19&20/24. (S9) (S)(R)
4.25 **Never Teach Your Wife to Drive** Documentary. (S)(SL)(R)
5.20 **Wildlife SOS** (S)(SL)(R)
5.50 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Breakfast with Anna Jones**
8.00 **Caught on Dashcam** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **Craig Charles: UFO Conspiracies** (R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S7) (S)(R)
1.00 PM **NCIS: Los Angeles** (S)(R)
3.00 **Hawaii Five-0** 10/25. (S9) (S)(R)
4.00 **S.W.A.T.** 7/23. (S2) (S)(R)(AD)
5.00 **The Simpsons** *Do Pizza Bots Dream of Electric Guitars?* Homer tries to reunite a band. (S)(R) **5.30** *I Don't Wanna Know Why the Caged Bird Sings:* Marge is stalked. (S)(R)
6.00 **Fresh Prince of Bel Air** 8/24. The family go camping. (S)(R) **6.30** 9/24. The family go on *The Oprah Winfrey Show*. (S3) (S)(R)

10.00 Warrior

7.00 **The Simpsons** *Little Orphan Millie:* Homer lands himself in trouble with Marge after forgetting their wedding anniversary. (S)(R) **7.30** *Husbands and Knives:* Comic Book Guy is forced out of business. (S)(R)

8.00 **The Simpsons** *Funeral for a Fiend:* Sideshow Bob and his family attempt to kill Bart. (S)(R) **8.30** *Eternal Moonshine of the Simpson Mind:* Homer wakes up to find his family missing. (S)(R)

9.00 **Rob & Romesh vs Andy Murray** The duo meet the tennis star, catching up with him as he models his sportswear range, before being pushed to their limits in a training session. (S)(R)(AD)

10.00 **Warrior** New episode *Whiskey And Sticky and All The Rest Can Wait:* 5/10. Ah Sahm and Hong race to free Young Jun. Meanwhile, with Mai Ling in prison, Li Yong plans a rescue mission. (S3) (S)(R)

11.10 **The Blacklist** 14/22. The Task Force look into the whereabouts of a missing newlywed, while Red offers his help to a powerful cartel leader. (S1) (S)(R)(AD)
12.05 AM **The Force: North East** (R)
1.00 **Road Wars** (R)
2.00 **Stop, Search, Seize** (S)(R)(AD)
3.00 **Hawaii Five-0** 10/25. (S9) (S)(R)
4.00 **S.W.A.T.** 7/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.30-8.00pm Landward (S)(R) **12.40am** A View from the Terrace (S)(R) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
7.30-8.00pm The Long and the Short of It Series finale (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.30-8.00pm Kiri's TV Flashback (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys **12.30** Heno **1.00** Dan Do **1.30** Cymry ar Gynfas **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bwyd Epic Chris **6.30** Garddio a Mwy **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Ralïo+ **8.55** Newyddion S4C a'r Tywydd **9.00** Lorient 2023 **10.00** Y Gêm New edition **10.30-11.35pm** Maes B 2023

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Phoenix Rise** New episode 9/10. Leila tries to bring down the biggest bully at Phoenix Rise. **7.30** Series finale 10/10. The gang members have to face the consequences of their actions. (S2)
7.55 **The Catch Up**
8.00 **Gavin & Stacey** 2/6. Stacey tries to find a job. **8.30** 3/6. Smithy worries about seeing Nessa. (S3)
9.00 **Life and Death Row** The 2014 murder of an 18-year-old in Ohio.
10.00 FILM **End of Watch** Police thriller with Jake Gyllenhaal and Michael Peña. (2012, 15, 104min) ★★★★
11.40 **The Bold Type** Series finale 10/10. Sutton's career hits a high in Paris. (S2)
12.20 AM **In Conversation: Rina Sawayama**
12.45 **Boot Dreams: Now or Never** Documentary.
1.45 **Juice** Double bill.
2.30 **Stitch, Please!**
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Top of the Pops** Featuring PJ and Duncan, Bon Jovi, Madonna and Del Amitri from February 1995. **7.30** Music by Elton John, Faith No More and Celine Dion from March 1995. **8.00** With Hannah and Her Sisters, Rozalla and Bizarre Inc from September 1991. **8.30** With Ram Jam, David Essex and Donna Summer from September 1977.
9.00 **Phil Collins at the BBC** Archive footage of the singer's performances on BBC programmes, including *You Can't Hurry Love* and *A Groovy Kind of Love*.
10.00 **The Old Grey Whistle Test: Genesis** Anne Nightingale introduces a Genesis concert from 1980.
10.40 **TOTP2: Genesis** Archive performances by the band and its members.
11.25 **Mark Lawson Talks to Phil Collins**
12.25 AM **Top of the Pops**
2.25 **to 3.25** AM **Phil Collins at the BBC**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Book-binding.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help a couple in Cowbridge, Wales.
5.50 **The Secret Life of the Zoo** Chester Zoo's team try to combat a mysterious illness affecting elephants.
6.55 **The Dog House Australia** Life at Animal Welfare League NSW, a dog sanctuary where people come in search of a canine soulmate.
7.55 **Grand Designs** Kevin McCloud follows a couple's project to transform a 1960s forester's lodge into a unique Japanese home.
9.00 NEW SERIES **For Life** 1/8. Norwegian crime drama about a tough, straight-talking detective. A child is found in a forest near her murdered mother. Stars Tone Mostraum. Subtitled. (S1)
10.00 **24 Hours in A&E** A man is hit by a car while on a night out in Eastbourne. **11.05** Cameras follow a boy who has severed his finger.
12.10 AM **8 Out of 10 Cats Does Countdown**
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.30 **Married at First Sight UK**
8.40 **Melissa & Joey**
9.10 **Brooklyn Nine-Nine**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Married at First Sight UK**
5.10 **The Big Bang Theory**
7.00 **Hollyoaks** Sienna fears for her children's future.
7.35 **Young Sheldon** 17/22. The youngster becomes inspired by his hero Albert Einstein and learns to play the violin. (S2)
8.00 **First Dates Ireland** New edition 14/14. Revisiting memorable moments from the *First Dates* restaurant.
9.00 FILM **Angel Has Fallen** Action thriller sequel starring Gerard Butler and Morgan Freeman. Secret Service agent Mike Banning finds himself framed for an assassination attempt on the president, and races to clear his name. (2019, 15, 121min) ★★★
11.20 **Naked Attraction**
1.35 AM **Gogglebox**
2.35 **First Dates**
3.30 **Brooklyn Nine-Nine**
4.20 **The Goldbergs**
5.10 **to 6.00** AM **Black-ish**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 807 110 341 356

6.00 AM **The Real A&E**
9.00 **Border Security: America's Front Line** Double bill.
10.00 **Motorway Patrol**
10.30 **Highway Patrol**
11.00 **FBI: Most Wanted** (S3)
12.00 NOON **Bull** 19/20. Jason mounts the defence of an idealistic state judge. **1.00** PM 20/20. Jason helps Taylor bring a civil suit. (S4)
2.00 **Blue Bloods** 7/21. Erin and Anthony clash. (S13)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

3.00 Caught Red Handed

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Poetic Justice:* 8/21. Danny meets a criminal from a previous case while investigating a gang. (S13)

9 PM

9.00 **FBI: Most Wanted** New episode *Karma:* 7/22. The team investigate a shooting at a Buddhist temple. (S4)

10 PM

10.00 **Law & Order: Special Victims Unit** *Bend the Law:* 19/22. Maxwell's husband gets caught up in an investigation. (S24)
11.00 **Law & Order: Organized Crime** 19/22. (S3)
12.00 M'T **Blue Bloods** 1/16. (S11)
1.00 AM **Coroner** 4/10. (S3)
2.00 **Chicago Fire** 22/22. (S10)
3.00 **Caught on Dashcam**
4.00 **Border Security: America's...**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.10 AM **Fish Town**
7.50 **Six Feet Under** 2&3/13. (S2)
10.00 **Ray Donovan** (S3)
12.05 PM **Game of Thrones** (S5)
1.10 **Quarry** 7&8/8. (S1)
3.35 **Six Feet Under** 4/13. Nate collects a body from Seattle. **4.40** 5/13. Brenda turns to a prostitute for inspiration. (S2)
5.45 **Ray Donovan** 1/12. Micky is hiding out in Nevada, preparing for a heist. **6.50** 2/12. Ray helps Hector handle a person who risks unearthing a secret. (S4)

10.10 Drift: Partners in Crime

7.55 **Game of Thrones** *Hardhome:* 8/10. Arya makes progress in her training, Sansa confronts an old friend, and Cersei faces a struggle. (S5)

9.00 **Billions** New episode *The Owl:* 8/12. Chuck and Prince venture upstate, while Prince sacrifices his pride to do a personal favour. (S7)
10.10 **Drift: Partners in Crime** New episode 8/10. Edda holds Phillip's ex-boyfriend captive. Subtitled. (S1)
11.10 **Drift: Partners in Crime** New episode 9/10. Ali confesses about Heckner's murder. Subtitled. (S1)
12.10 AM **Das Boot** 7/10. (S3)
1.10 **In Treatment** (S2)
1.40 **Game of Thrones** (S5)
4.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Supergirl** 8/19. (S5)
7.00 **DC's Legends of Tomorrow**
8.00 **The Flash** 10/18. (S7)
9.00 **Stargate SG-1** (S1)
11.00 **Supergirl** 9/19. (S5)
12.00 NOON **The Flash** 10/18. (S7)
1.00 PM **NCIS: Los Angeles** (S13)
3.00 **Hawaii Five-0** 10/25. (S9)
4.00 **S.W.A.T.** 7/23. (S2)
5.00 **DC's Legends of Tomorrow** 9/15. Zari embarks on a meditative journey. (S5)
6.00 **Stargate SG-1** 17/22. The team rescue a group of highly advanced aliens. (S1)

8.00 Strike Back: Retribution

7.00 **Stargate SG-1** *Solitudes:* 18/22. O'Neill and Carter are stranded on an unknown planet when the Stargate malfunctions. (S1)

8.00 **Strike Back: Retribution** 9/10. Section 20 run into trouble as they race to get Idrisi back across Europe. (S6)

9.00 **The Lazarus Project** 2/8. George is left distraught after a freak accident hurts someone close to him. (S1)

10.00 **Warrior** New episode *Whiskey and Sticky and All The Rest Can Wait:* 5/10. Ah Sahm and Hong race to free Young Jun. (S3)
11.10 **FILM The Way of the Dragon** Martial arts adventure starring Bruce Lee and Chuck Norris. (1972, 18, 99min) ★★★
1.05 AM **The Blacklist** 14/22. Red offers his help to a powerful cartel leader. (S10)
2.00 **Stop, Search, Seize**
3.00 **Hawaii Five-0** 9&10/25. (S9)
5.00 **to 6.00** AM **S.W.A.T.**

ITV2

118 118 816 115 6 113

5.00 AM **Children's Programmes**
9.00 **Totally Bonkers Guinness World Records**
9.35 **One Tree Hill** 13/13. (S9)
10.05 **Dawson's Creek** 15/23. (S5)
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 18/22. (S2)
3.05 **One Tree Hill** 13/13. (S9)
4.05 **Dawson's Creek** 16/23. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With Zoe Williams and Barney Walsh.

9.00 There's Something About...

7.00 **Ninja Warrior UK: Race for Glory** Contenders take on the obstacle course as the knockout competition continues.

8.00 **Superstore** 21/21. Dina tries to help Amy. (S5) **8.30** 1/15. It is March 2020, and the pandemic is beginning to hit. (S6)

9.00 **FILM There's Something About Mary** Comedy starring Cameron Diaz and Ben Stiller. A love-struck man tries to find the woman on whom he had a high-school crush. With Matt Dillon. (1998, 15, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Family Guy** 12/20. Stewie tries to combat ageing. (S19)
12.00 M'T **Family Guy** 16/20. (S16)
12.30 AM **American Dad!** (S12)
1.30 **Superstore** (S5&6)
2.20 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.05 **Bless This House**
9.10 **Where the Heart Is**
11.20 **Agatha Christie's Poirot**
12.25 PM **Heartbeat**
1.30 **LIVE Racing: Newmarket** The opening day of the Cambridgeshire Meeting.
4.00 **Classic Emmerdale**
5.00 **Classic Coronation Street**
6.00 **Heartbeat** *Touch and Go:* Joe prepares to take up his new post in London, but secretly regrets the decision.

8.00 Doc Martin

7.00 **Heartbeat** *Burying the Past:* Gina struggles to cope with Phil's death, but refuses Carol's attempts to help her.

8.00 **Doc Martin** *Licence to Practice:* 8/8. Martin rushes to Ruth's for a medical emergency. (S9)

9.00 **Doc Martin** 1/9. After having his career scrutinised, Martin makes efforts to overcome his fear of blood. (S10)

10.05 **Endeavour** *Zenana:* 3/3. The detective uncovers a potential link between a series of freak accidents leading him to an all-women college. (S7)
12.10 AM **Where the Heart Is** *Relative Strangers:* Karen and Beth help reunite a family when a baby goes missing. **1.15** *Happy Returns:* Jess fears she may be pregnant.
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
8.00 **Highland Cops** 1/5. Officers try to locate a bushcraft expert reported missing.
9.00 **Undisputed: The Life and Times of Ken Buchanan** A profile of the former boxer, arguably Scotland's greatest fighter, who died in April this year.
10.00 **Still Game** 6/6. Jack and Victor decide to visit Winston in his new home at the seaside town of Finport. (S5)
10.30 **NEW SERIES A View from the Terrace** A sideways look at Scottish football.
11.30 PM **to 12.00** M'T **Limmy's Show** Former drug addict Jacqueline McCafferty wants a family portrait.

Sky Comedy

114/115 112 347 362

8.00 AM **Sort Of** 2&3/8. (S2)
9.00 **Entourage** (S7)
10.05 **The Conners** (S5)
11.00 **Mr Mayor** 2/10. (S2)
11.30 **Looking** 9&10/10. (S2)
12.50 PM **House of Lies** (S3)
1.30 **Fresh Prince of Bel Air**
2.20 **Entourage** (S7)
3.30 **The Conners** (S5)
4.30 **Sort Of** 4&5/8. (S2)
5.30 **Mr Mayor** 3/10. (S2)
6.00 **Fresh Prince of Bel Air**
7.00 **Will & Grace** (S7)
8.00 **The Office (US)** 21/28. Michael becomes increasingly careless under pressure. **8.30** 22/28. Michael tries to recruit a dream team to work for his paper company. (S5)
9.00 **Sex and the City** (S1)
10.00 **Breeders** 3&4/10. (S3)
11.00 **My Dad Wrote a Porno**
12.10 AM **Looking: The Movie**
1.45 **Random Acts of Flyness** Double bill.
3.05 **House of Lies** (S3)
3.40 **to 5.00** AM **Looking**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Darbar Festival**
7.00 **Anyone Can Sing**
8.00 **Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
1.35 **FILM Sherlock Holmes and the House of Fear** Crime mystery. (1945, b/w, U, 68min) ★★★
3.00 **Thomas Hardy**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **Discovering**
9.00 **The Who: Tommy Live at the Royal Albert Hall**
10.30 **Maximum R&B: The Birth of The Who**
11.30 **Bob Dylan: No Direction Home**
1.20 AM **Berlin Live: Donovan**
2.40 **A Life on the Road**
3.40 **Discovering: Eagles**
4.40 **Greatest Albums Live**
5.00 **to 6.00** AM **Inside Art**

Pick

151 135 36 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: Canada's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Merlin** 3/13. (S5)
7.00 **Star Trek: Voyager** (S1)
8.00 **Magnum P.I.** 6/20. (S4)
9.00 **The Murderer & Me** Focusing on the crimes of Home Counties killer Joanna Dennehy.
10.30 **Snapped**
11.30 **How I Caught the Killer**
12.30 AM **Britcam: Emergency on Our Streets**
1.30 **Road Wars**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.00 AM **Billie and Greg: The Family Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Mummy Diaries Extra**
2.20 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Potomac** New edition Ashley gets emotional about her separation.
6.00 **Making It Home with Kortney & Kenny**
7.00 **Buying and Selling**
8.00 **Dinner Date** Matt from Merseyside looks for love.
9.00 **Botched** Double bill.
11.00 **Million Dollar Matchmaker**
12.00 M'T **The Only Way Is Essex** Reality series.
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

8.00 AM **Diagnosis Murder**
9.00 **Sue Thomas: F.B.Eye**
11.00 **Castle** 1&2/10. (S1)
1.00 PM **Sue Thomas: F.B.Eye** 10&11/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 9/24. Henry is promoted to admin duties in Tokyo. **7.30** 10/24. Hawkeye becomes a detective. **8.00** 11/24. Frank contracts hepatitis. **8.30** 12/24. Hawkeye writes home about Christmas. (S1)
9.00 **Randall and Hopkirk (Deceased)** 20/26. (S1)
10.00 **The Persuaders!** (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S1)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Castle** 10/10. (S1)
4.50 **to 5.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Football League Legends**
6.15 **Minder**
7.15 **The Professionals**
8.25 **The Saint**
9.35 **The Return of Sherlock Holmes** Crime drama.
10.40 **Magnum, PI**
11.45 **The Motorbike Show**
12.45 PM **LIVE Snooker: British Open** Coverage of the afternoon session on day five.
4.30 **Hot Shots**
4.40 **Minder**
5.40 **The Motorbike Show**

4.40 Minder

6.45 **LIVE Snooker: British Open** Rishi Persad presents coverage of the evening session on day five from The Centaur at Cheltenham Racecourse, featuring the concluding quarter-finals. Analysis from Stephen Hendry, Ken Doherty, Neal Foulds and Alan McManus, and commentary by David Hendon and Phil Yates.

10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling – the roster features world-class talent including Jon Moxley, Chris Jericho, Bryan Danielson and Claudio Castagnoli.
12.00 M'T **The Professionals**
1.05 AM **Extreme Salvage Squad**
2.10 **The Protectors**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 10/13. (S5)
7.00 **Warehouse 13** 12/13. (S2)
8.00 **Teleshopping**
11.00 **Fringe** 13/22. (S2)
12.00 NOON **Star Trek: The Next Generation** 6&7/26. (S6)
2.00 PM **Merlin** 10/13. (S5)
3.00 **Fringe** 13/22. (S2)
4.00 **Stargate SG-1** 18/22. (S2)
5.00 **Stargate Atlantis** 20/20. McKay uses ancient methods to destroy a stargate. (S3)
6.00 **Star Trek: The Next Generation** 6/26. An intern learns her true heritage. (S6)

9.00 Westworld

7.00 **Star Trek: The Next Generation** *Rascals:* 7/26. Picard, Ensign Ro, Keiko and Guinan are turned into children. (S6)

8.00 **Star Trek: Voyager** *Shattered:* 11/26. The ship is split into different time-frames. (S7)

9.00 **Westworld** *Vanishing Point:* 9/10. The Man in Black confronts memories from his troubled past, and Charlotte formulates a plan to kill the hosts. **10.10** *The Passenger:* 10/10. Dolores, Bernard and The Man in Black cross paths at the Forge, while the hosts reach the Valley Beyond. (S2)

12.00 M'T **Chucky** 5/8. Enemies from Chucky's past appear. **1.00** AM 6/8. Jake and his friends set a risky trap. (S1)
2.00 **Star Trek: Voyager** (S7)
3.00 **Stargate Atlantis** (S3)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Miss Fisher's Murder Mysteries** 4/8. (S3)
10.00 **Hudson & Rex** 14/16. (S3)
11.00 **Without a Trace** 3/23. (S3)
12.00 NOON **Frankie Drake Mysteries** 2/10. (S3)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S15)
4.00 **Miss Fisher's Murder Mysteries** 4/8. (S3)
5.00 **Hudson & Rex** 14/16. (S3)
6.00 **Without a Trace** 3/23. The team search for a missing X-ray technician. (S3)

10.20 Shakespeare & Hathaway

7.00 **Elementary** *A Giant Gun, Filled with Drugs:* 15/24. Holmes's former drug dealer seeks help. Guest stars John Hannah. (S1)

8.00 **Death in Paradise** *The Impossible Murder:* 3/8. Humphrey and Martha's romantic weekend away is cut short. (S6)

9.00 **Death in Paradise** *Phone-In-Murder:* 6/9. When a woman reports a murder and is found strangled, the team wonder whether she was reporting her own murder. (S11)

10.20 **Shakespeare & Hathaway: Private Investigators** *The Offered Fallacy:* 6/10. Frank and Lu are framed. (S2)
11.15 **Person of Interest** 19/22. A software company's CEO falls victim to a hacker. (S4)
12.15 AM **Elementary** As 7.00pm.
1.10 **Inspector Alleyn Mysteries**
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.05 AM **Highlights**
9.00 **Hi-de-Hi!**
9.40 **Porridge**
10.20 **Last of the Summer Wine**
11.40 **Keeping Up Appearances**
12.20 PM **2point4 Children**
1.00 **Dad's Army**
1.40 **Blackadder Goes Forth**
2.20 **Porridge**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.00 **Keeping Up Appearances**
5.40 **Porridge**
6.20 **Blackadder Goes Forth**

9.00 The Royle Family

7.00 **Blackadder Goes Forth** Capt Blackadder faces death by firing squad.
7.40 **Dad's Army** A land mine cuts off all power and communications services in Walmington-on-Sea. **8.20** Mainwaring assumes the role of an enemy agent on the run.

9.00 **The Royle Family** The family celebrate Baby David's christening.
9.40 **The Royle Family at Christmas** The clan welcome some special guests for the festivities.
10.20 **Not Going Out** Lee pretends to be Tim in front of Kate's friend.

11.00 **The Fast Show**
11.40 **The Royle Family**
12.20 AM **The Royle Family at Christmas** As 9.40pm.
1.00 **Not Going Out** As 10.20pm.
1.40 **The Fast Show**
2.20 **The Interviews**
3.25 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Cops on the Rock**
9.00 **Fast Justice**
10.00 **Railroad Australia**
11.00 **Rick Stein's India**
12.00 NOON **Ultimate Movers**
1.00 PM **Repair Lot**
2.00 **Top Gear** Double bill.
4.00 **Building Cars**
5.00 **Rick Stein's Mediterranean Escapes** Rick visits Majorca.
6.00 **Rick Stein's India** A search for the perfect chicken korma.

11.00 Taskmaster

7.00 **Richard Osman's House of Games** With Thanyia Moore. **7.40** With Charlie Higson, Chizzy Akudolu, Kate Williams and Tom Allen.
8.20 **Would I Lie to You?** With David O'Doherty, Richard Osman, Susan Calman and Carol Kirkwood.

9.00 **QI XL** Sandi Toksvig Johnny Vegas and Janet Street-Porter join regular panellist Alan Davies and host Stephen Fry.

10.00 **QI XL** Guests Victoria Coren Mitchell, Sue Perkins and the Rev Richard Coles join Alan Davies and Stephen Fry.
11.00 **Taskmaster** The rivals meet the Mayor of Chesham.
12.05 AM **Mock the Week** With Tom Allen and Tiff Stevenson. **12.45** With Angela Barnes, Ed Byrne and Ed Gamble.
1.25 **Would I Lie to You?**
2.00 **to 4.00** AM **The Island**

+1 hour 211 327 57

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.35 **A Place in the Sun**
1.30 PM **George Clarke's Amazing Spaces**
2.35 **Chateau DIY**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun** A couple seek a home on Spain's Costa Blanca. **7.00** A woman seeks her dream holiday home in La Zenia.
8.00 **The Great British Bake Off: An Extra Slice** With Alison Hammond, Stephen Mangan and Michelle Visage.
9.00 **24 Hours in A&E** A 52-year-old man suffers cardiac arrest after a road accident.
10.00 **Taskmaster** Julian Clary finds a former champion hiding behind a door.
11.05 **Gogglebox**
1.10 AM **The Great British Bake Off** Cooking show.
2.45 **Celebrity Gogglebox**
3.45 **to 4.50** AM **8 Out of 10 Cats Does Countdown**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 22/25. (S6)
9.55 **Entertainment News**
10.00 **NCIS** 23&24/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Jet Lag:* 13/24. An assassin targets a government witness on a flight. **7.00** *Masquerade:* 14/24. Terrorists threaten to detonate a crude nuclear device. **8.00** *Jack Knife:* 15/24. An war veteran asks Gibbs to investigate the killing of an ex-Marine. **9.00** *Mother's Day:* 16/24. Gibbs' former mother-in-law surfaces as a witness in a murder investigation. (S7)
10.00 **Law & Order: Special Victims Unit** (S4)
11.55 **Blue Bloods** (S1)
12.55 AM **NCIS** (S19)
2.50 **Lucifer** 26/26. (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dirty Home Rescue**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Million Pound Motorhomes**
9.00 **FILM Sherlock Holmes** Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. (2009, 12, 128min) ★★★★
11.50 **FILM The Manchurian Candidate** Thriller remake starring Denzel Washington. (2004, 15, 130min) ★★★★
2.30 AM **Home and Away**
2.55 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.15 PM **FILM Dawn at Socorro** Western. (1954, 15, 79min) ★★
1.55 **FILM Canyon Passage** Western starring Dana Andrews. (1946, PG, 92min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Night Shift 999** Two dog handlers track down a man involved in a street fight.
10.00 **Motorway Cops: Catching Britain's Speeders** An urgent call leads to a multi-vehicle pursuit to rescue a child.
11.00 **999: Police Hour of Duty** Documentary.
12.00 M'T **Police Interceptors**
1.00 AM **999: Criminals Caught on Camera**
2.00 **to 3.00** AM **Trucking Hell**

W

132/133 827 125 25 156

6.10 AM **Young Vets**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition Pastry chef Kirsten Tibballs brings in a dessert pantry for today's challenge.
8.30 **999 Rescue Squad** The team treat a lorry driver trapped behind his steering wheel.
9.30 **24 Hours in A&E**
10.30 **Gavin & Stacey** Gavin starts his job in Cardiff. **11.10** Pam and Mick host a curry night. **11.50** Smithy worries about seeing Nessa.
12.30 AM **One Born Every Minute** Documentary.
1.30 **Young Vets**
2.20 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Pie in the Sky**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **'Allo 'Allo!**
6.40 **Last of the Summer Wine** Double bill of the classic sitcom.
8.00 **Father Brown** *The Truth in the Wine:* A body is discovered in a vineyard. **9.00** *The Judgement of Man:* The priest becomes embroiled in an audacious art heist.
10.00 **New Tricks**
11.20 **Silent Witness**
1.40 AM **Banished**
2.55 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

FRIDAY Entertainment

Friday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** On the Algarve.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A pub table.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
4.00 **Animal Cops Phoenix**
5.00 **Ambulance**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 NEW SERIES **Spooked Ireland**
10.00 **Celebrity Help! My House Is Haunted** New edition
11.00 **Ghost Adventures**
12.00 M'T **The Osbournes Want to Believe**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Money for Nothing**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Catchphrase**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** With Fatima Whitbread and Joe Pasquale.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

8.00 AM **Wild West Chronicles** Double bill.
9.00 FILM **Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
10.50 **Battle Honours**
12.00 NOON **Wild West...**
1.00 PM FILM **They Rode West** Western. (1954, U, 97min) ★★
2.40 FILM **Massacre at Buffalo Valley** Historical epic. (2013, 12, 103min) ★★
5.00 FILM **Hanover Street** Drama. (1979, PG) ★★
7.10 FILM **10,000 Days** Drama. (2014, 12) ★
9.00 FILM **Reprisal** Thriller. (2018, 15, 89min) ★★
10.55 FILM **Stratton** Thriller. (2017, 15, 94min) ★★
12.45 AM FILM **The Contractor** Thriller. (2007, 15) ★★
2.50 FILM **Traitors** Drama. (1962, PG) ★★★
4.00 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **No Surrender** Thriller. (2011, PG) ★★
11.00 FILM **Obsessed with the Babysitter** Thriller. (2021, PG, 93min) ★★
1.00 PM FILM **Secrets of My Stepdaughter** Thriller. (2017, 12, 90min) ★★
3.00 FILM **An Aurora Teagarden Mystery: Honeymoon, Honeymurder** Drama. (2021, PG, 84min) ★★
5.00 FILM **Dying for a Baby** Thriller. (2019, 12) ★★
6.55 FILM **The Rundown** Comedy. (2003, 12) ★★
9.00 FILM **Homefront** Thriller. (2013, 15) ★★★
11.05 FILM **13** Thriller remake. (2010, 15, 87min) ★★
1.05 AM FILM **Watching Over You** Thriller. (2018, PG, 90min) ★★
3.00 **Wild West Chronicles**
4.00 **to 6.00** AM FILM **Vows of Deceit** Thriller. (2018, 12, 90min) ★
+1 hour 322 61

GREAT! christmas
319 424 52 303

8.00 AM FILM **A Golden Christmas** (2009, U) ★
10.00 FILM **Holiday Road Trip** Drama. (2013, PG) ★★
12.00 NOON FILM **A Dogwalker's Christmas Tale** Drama. (2015, PG, 86min) ★★
2.00 PM FILM **Enchanted Christmas** Drama. (2017, U, 84min) ★★
4.00 FILM **My Santa** Drama. (2013, PG, 88min) ★★
6.00 FILM **Santa's Secret** Drama. (2014, PG) ★★
8.00 FILM **Christmas with a Prince** Romantic drama. (2018, PG, 90min) ★★
10.00 FILM **A Royal Christmas Ball** Romantic drama. (2017, PG, 86min) ★★
12.00 M'T FILM **A Fairytale Christmas** Drama. (2013, U, 90min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Spirit of Christmas** Drama. (2015, PG, 87min) ★★
+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 17/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **Star Trek: Deep Space Nine** 25/26. (S3)
11.00 FILM **Meteor Moon** Sci-fi. (2020, PG) ★★
12.55 PM FILM **Gunsmoke: One Man's Justice** Western. (1993, PG) ★★
2.45 FILM **Jules Verne's Rocket to the Moon** Sci-fi period comedy. (1967, U, 115min) ★★
5.00 **Star Trek** 3/24. (S3)
6.00 **Star Trek: Deep Space Nine** 26/26. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Backdraft** Action drama. (1991, 15, 131min) ★★★
11.40 FILM **Night Drive** Thriller. (2019, 18) ★★
1.15 AM FILM **Mom and Dad** (2017, 15) ★★★★
2.55 **to 4.20** AM FILM **Aquaslash** Horror. (2020, 15, 71min) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers: Under the Ice**
4.00 **Wheeler Dealers**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Aussie Gold Hunters**
9.00 **Kevin Hart's Muscle Car Crew**
10.00 **Iron Resurrection**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Barefoot Contessa**
9.00 **The Kitchen**
10.00 **John Torode's Australia**
11.00 **Provence Masterclass**
12.00 NOON **Great British...**
3.00 PM **The Hairy Bikers' Food Tour of Britain**
4.00 **Barefoot Contessa**
5.00 **The Pioneer Woman**
6.00 **James Martin's United Cakes of America**
7.00 **Great British Bake Off**
8.00 **Provence Masterclass**
9.00 **Bobby's Triple Threat** New edition
10.00 **The Hairy Bikers' Food Tour of Britain**
11.00 **Diners, Drive-Ins and Dives** Double bill.
12.00 M'T **Guy's Grocery Games** A savoury starter.
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Cheap Eats** New editions
+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S6)
11.00 **Home Improvement**
1.00 PM **Last Man Standing**
2.00 **Friends** (S3)
7.00 **Friends** 16/25. Rachel discovers Ross's infidelity. **7.30** 17/25. Ross and Rachel's break-up causes friction in the group. **8.00** 18/25. Chandler tries to stop smoking with the aid of hypnosis. **8.30** 19/25. Monica dates a millionaire. (S3)
9.00 **Lee Evans: XL Tour**
10.00 **Kevin Bridges: A Whole Different Story**
11.00 **Key & Peele**
12.00 M'T FILM **Jackass 2.5** Slapstick comedy sequel with Johnny Knoxville and Bam Margera. (2007, 18, 64min) ★
1.20 AM **Digman!** (S1)
1.50 **South Park** (S25&26)
3.20 **Criminally Funny**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Guessable?**
10.00 **Takeshi's Castle**
11.00 **Friends** (S3)
1.00 PM **Impractical Jokers**
3.00 **The Middle** (S4)
5.00 **Last Man Standing**
7.00 **Home Improvement**
9.00 **Michael McIntyre's Big Show** With Rob Beckett, Romeo of the Cirque du Soleil, Years & Years and Bruno Tonioli.
10.00 **Rhod Gilbert's Growing Pains**
11.00 **Ahir Shah: Dots**
12.00 M'T **John Mulaney: New in Town**
1.00 AM **Amy Schumer: Comedy Central Live**
1.30 **Kristen Schaal: Comedy Central Live**
2.00 **Ugly Americans** (S1)
3.50 **Beavis and Butt-Head**
4.30 **Michael McIntyre's Big Show** As 9.00pm.
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
7.45 **Weird or What? with William Shatner**
8.40 **Ancient Aliens**
10.40 **Curse of Oak Island**
11.40 **River Hunters**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Storm Stories** An Italian town destroyed by storms and avalanches.
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strangest Things**
10.00 **What on Earth?**
11.00 **Lost Pirate Kingdom**
12.15 AM **Curse of Oak Island** Documentary.
1.10 **Weird or What? with William Shatner**
2.00 **Auction Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Flipping Bangers**
5.00 **to 6.00** AM **Pawn Stars**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Cash in the Attic**
10.00 **GPs: Behind Closed Doors** Documentary.
11.00 **The Yorkshire Vet**
12.55 PM **Entertainment News**
1.00 **World's Most Scenic Railway Journeys**
2.00 **The Yorkshire Vet**
3.50 **Entertainment News**
4.00 **The Highland Vet**
5.00 **Ben Fogle: New Lives in the Wild** In America.
6.00 **World's Most Scenic Railway Journeys**
7.00 **The 1970s Supermarket** Exploring the story of the shopping revolution.
8.00 **Jimmy Tarbuck: 60 Years of Laughs** The comedian tells the story of his career.
10.00 **Britain's Favourite Gameshows** Countdown of favourite shows from the popular TV genre.
12.05 AM **Forged in Fire**
1.55 **to 3.00** AM **World War II in Colour**

HGTV
158 191 44 166

7.00 AM **Renovation Island**
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Renovation Island**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Hotel Inspector**
9.00 **Your Garden Made Perfect** A couple whose home in Enfield, north London, sits on a massive slope.
10.00 **Inn the Works**
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **Renovation Island**
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Forensics**
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** Clues from a dog and a rare gun help solve a murder case . **3.30** Police use a DNA database to catch the killer of a TV producer. **4.00** A woman is thought to have accidentally shot herself in the head. **4.30** A woman dies after appearing to suffer side-effects from prescribed drugs.
5.00 **Forensics** A mother frantically calls the police after finding her daughter's body face-down on the floor. **6.00** The disappearance of Emma Louise Agnew.
7.00 **Judge Judy**
1.00 AM **Forensics**
3.00 **Fatal Vows**
4.50 **Medical Detectives**
5.40 **to 6.00** AM **Judge Judy**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints** As Danielle struggles with her health, she enlists the family to help around the house.
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
9.00 **Monsters Inside Me**
11.00 **Dr Pimple Popper: Reload** A man with a lump on his finger.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Monsters Inside Me**
3.00 **Extreme Couponing**
4.00 **Say Yes to the Dress**
5.00 **to 6.00** AM **Flip or Flop**
+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM FILM **Robot Overlords** Family sci-fi adventure. (2014, 12, 90min) ★★★
10.00 **Farscape** 9/22. (S3)
11.00 FILM **Sherlock Holmes** Mystery with Ben Syder. (2010, 12, 89min) ★★
1.00 PM FILM **Premonition** Supernatural thriller. (2004, 15, 90min) ★★
3.00 **Farscape** 9/22. (S3)
4.00 **The Prisoner** 7/17. (S1)
5.00 FILM **Ice Quake** Sci-fi disaster movie starring Brendan Fehr. (2010, PG, 91min) ★★
7.00 **Farscape** 10/22. (S3)
8.00 **The Prisoner** 8/17. (S1)
9.00 FILM **Office Uprising** Comedy horror starring Brenton Thwaites. (2018, 15, 92min) ★★
10.50 FILM **Mara** Horror starring Olga Kurylenko. (2018, 18, 98min) ★★
1.00 **to 3.00** AM FILM **Office Uprising** (2018)
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Air Ambulance ER**
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 NOON **Highway Patrol**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted**
4.00 **Quantum Leap** (S1)
6.00 **DC's Legends of Tomorrow** (S2)
8.00 **Highway Patrol**
9.00 **FBI** *Into The Fire:* 7/23. The team attempt to infiltrate a group building bombs. (S5)
10.00 **FBI: International** (S2)
11.00 **FBI: Most Wanted** (S4)
12.00 M'T **Brit Cops: Law & Disorder** Documentary.
1.00 AM **Air Ambulance ER**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Wags Miami**
8.00 **Keeping Up with the Kardashians**
10.00 **Famously Single**
11.00 **Big Rich Texas**
12.00 NOON **Botched**
1.00 PM **Revenge Body with Khloe Kardashian**
2.00 **Keeping Up with the Kardashians**
6.30 **Botched** The most memorable patients. **7.00** Dr Paul Nassif is given the go-ahead to finally fix Luci's nose. **8.00** Dr Terry Dubrow completely transforms a woman's chest.
9.00 **Keeping Up with the Kardashians** Tristan showers Khloe with gifts. **10.00** Kim and Khloe attempt to fire Kourtney.
11.00 **Big Rich Texas**
12.00 M'T **Dr 90210**
1.00 AM **Wags Miami**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **Salvage Hunters**
1.00 PM **Deadliest Catch**
3.00 **Alaskan Bush People**
4.00 **Mystery of Egypt's Mega Temple** Documentary.
5.00 **Kindig Customs** Dave and Kev go to Lake George, New York.
6.00 **Salvage Hunters** Drew visits a historic hop farm in Kent.

10.00 Expedition X

7.00 **Gold Rush** Parker gambles on new ground in Alaska and passes 50,000 ounces, while the Beets family chase a record gold total, and Fred Lewis fights for his mining career.

9.00 **Expedition Bigfoot** New edition Evidence of a cloaked Bigfoot leads the team to investigate near an abandoned mine.

10.00 **Expedition X** New edition Phil and Jess investigate Utah's Uintah Basin, a region teeming with paranormal activity.
11.00 **Expedition X** Testing a mind-bending scientific theory.
12.00 M'T **How the Universe Works**
1.00 AM **Expedition Bigfoot**
2.00 **Expedition X** As 10.00pm.
3.00 **to 5.00** AM **Gold Rush** New edition The gold miners of the Yukon put everything on the line to strike it rich.

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Tanked** A shark tank.
9.00 **Pit Bulls & Parolees**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **The Pool Master**
1.00 PM **Life at Vet University**
2.00 **Wild Dubai**
3.00 **Deadliest Sharks**
4.00 **My Cat from Hell** A cat that is tearing a couple apart.
5.00 **Animal Cops Philadelphia** Members of the team rescue a cat trapped in a drain.
6.00 **Tanked** Brett and Wayde build a wrestling-themed tank for WWE star Chris Jericho.

11.00 Monster Hammerhead

7.00 **Pit Bulls & Parolees** Earl returns from rehab, while Lizzy rescues a dog after a confrontation with the owner who abandoned it.

8.00 **Legends of the Wild** Investigating the mysterious deaths of crocodiles in Australia's Northern Territory.

9.00 **Legends of the Wild** Damian Duffy and Matt Hoffman trek into some of the world's most dangerous areas.

10.00 **Alaska: Surviving the Last Frontier** Greg Pierson sets out on a goat hunt despite never having fired a gun before.
11.00 **Monster Hammerhead**
12.00 M'T **Sharks of the Shadowlands** A look at the behavioural patterns of the mysterious sevengill sharks.
1.00 AM **Alaskan Bush People**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **The City Under the Sea: Drain the Oceans**
11.00 **Lost Treasures of Egypt**
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Building Impossible with Daniel Ashville**
4.00 **Ice Road Rescue**
5.00 **Car S.O.S** Tim and Fuzz take on their 100th car.
6.00 **Seconds from Disaster** A plane crash over Germany.

4.00 Ice Road Rescue

7.00 **Air Crash Investigation** A brand new aircraft crashes into a mangrove swamp in Cameroon with zero survivors.

8.00 **Airport Security: Rome** At Italy's busiest airport, police seize cocaine soaked in pyjamas and hidden in a stuffed animal.

9.00 **Air Crash Investigation** An Amazon cargo plane nosedives into a swamp outside Houston.

10.00 NEW **Inside Cocaine Wars: Cartel Crackdown** Examining the drug war outside US borders.
11.00 **Air Crash Investigation**
12.00 M'T **Banged Up Abroad**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Bid & Destroy**
2.55 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Forged in Fire**
8.00 **Storage Wars Canada**
9.00 **Pawn Stars** A cowboy hat.
10.00 **Craig Charles: UFO Conspiracies**
11.00 **Shipwrecks: When History Resurfaces**
1.00 PM **Storage Wars**
2.00 **Ultimate Mysteries**
4.00 **Britain's Most Historic Towns**
5.00 **Pawn Stars**
6.00 **American Pickers** The Wolfe brothers tour a massive West Virginia homestead.

8.00 Shipwrecks...

7.00 **Forged in Fire** The two remaining smiths return home to recreate the notorious 16th-century Naga sword.

8.00 **Shipwrecks: When History Resurfaces** A battleship that saved the Northern Navy in the American Civil War.

9.00 **WW2 Air Crash Detectives** Looking at a 1943 crash in Gibraltar, which killed the Polish Prime Minister in exile.

10.00 **Air Crash: Disasters Uncovered** Investigating a 1999 crash, which overshot the runway during a thunderstorm.
11.00 **Critical Evidence**
12.00 M'T **Pawn Stars**
1.00 AM **Storage Wars**
2.00 **Sex: A Bonkers History**
3.00 **Shipwrecks: When History Resurfaces** As 8.00pm.
4.00 **Forged in Fire** As 7.00pm.
5.00 **to 6.00** AM **Britain's Most Historic Towns**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Sounds of the Seventies**
7.10 **Great British Landmark Fixers** Manchester Town Hall.
8.00 **Abandoned Engineering**
10.00 **Rise of the Nazis**
11.00 **World War Weird**
12.00 NOON **Great Indian Railway Journeys** Michael travels from Lucknow to Kolkata.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **World War Weird**
5.00 **Rise of the Nazis**
6.00 **Great British Railway Journeys** Double bill.

8.00 Secrets of the London...

7.00 **Antiques Roadshow** Fiona Bruce hosts the show from Floors Castle in south-east Scotland. **7 PM**

8.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway explore the disused parts of Piccadilly Circus. **8 PM**

9.00 **Bangers & Cash** Derek heads north to pick up a 1954 Morgan +4 coupe in mint condition. **9 PM**

10.00 **Bangers & Cash** A delightful collection of British classics comes up for auction, including a Hillman Avenger Estate. **10 PM**
11.00 **Abandoned Engineering** Exploring traces of a mass deception hidden at Ponte Dirillo in Italy, as well as a once lavish theatre in Ohio.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 **to 3.00** AM **Great British Landmark Fixers**

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Fantomworks**
12.00 NOON **Love Your Garden**
1.00 PM **Money for Nothing**
2.00 **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A vintage bicycle.
6.00 **Wheeler Dealers: Dream Car**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Ambulance** Documentary.
10.00 **Border Control Sweden** New edition Alex discovers a canister and suspects that it might contain drugs.
11.00 **How Do They Do It?**
12.00 M'T **British Speedway**
1.00 AM **Ambulance**
2.00 **Fantomworks**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Atlanta** Double bill of editions.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **FBI Files** The bodies of three drug dealers are found.
11.00 **Forensic Detectives**
12.00 NOON **Evil Online**
1.00 PM **Reasonable Doubt**
2.00 **Disappeared** Dee Ann Warner.
3.00 **Murder on CCTV**
4.00 **Diabolical: Deadly Love**
5.00 **Say Yes to the Dress: UK**
6.00 **Say Yes to the Dress**
7.00 **Long Lost Family**
8.00 **10 Steps to Murder**
9.00 **Murder on CCTV**
10.00 **People Magazine Investigates** New edition Dissatisfied with her new life in a new city, a 14-year-old girl runs away from home, but she never returns.
11.00 **Deadly Women**
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** Police attempt to link two cases of alleged murder of two women. **7.30** A nurse discovers she is HIV positive with the help of forensic science, and finds out her illness was not an accident.
8.00 **48 Hours** A young mother shoots her partner claiming self-defence and abuse.
9.00 **Real Detective** One year into the most demanding case of his career, Senior Investigator Creed arrives at the scene of the 16th murder in a row.
10.00 **Bloodline Detectives** New edition The murder of Tonya McKinley, who was found lying on the side of a city street.
11.00 **Inside Crime**
12.00 M'T **Fatal Vows**
1.00 AM **Real Detective**
2.00 **Bloodline Detectives**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Border Security: Canada's Front Line** Double bill.
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Murdered at First Sight**
2.00 **The Real Manhunter: The Disappearance of Maureen Hale** Documentary.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **When Life Means Life**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next**
10.00 **Britain's Most Evil Killers**
11.00 **World's Most Evil Killers**
12.00 M'T **Killer in My Village**
1.00 AM **The Real Manhunter...**
2.00 **Killer Siblings**
3.00 **When Life Means Life**
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **The War** As 6.10pm.
9.35 **Auschwitz in 33 Objects**
10.45 **America's Dangerous Trucks**
11.50 **Frontline** As 9.40pm.
1.00 PM **Beautiful Serengeti**
1.30 **The War** As 6.10pm.
2.40 **Auschwitz in 33 Objects**
3.50 **America's Dangerous Trucks**
5.00 **Frontline** As 9.40pm.
6.10 **The War** The final stages of World War Two in the Far East.
7.20 **Auschwitz in 33 Objects** The stories of some of the victims of the holocaust through personal items taken from them in Auschwitz Birkenau.
8.30 NEW **America's Dangerous Trucks** Investigating deadly truck accidents and the fight over new measures that could save thousands of lives.
9.40 **Frontline** Investigating Michael Flynn and QAnon.
10.50 **Auschwitz in 33 Objects**
12.00 M'T **America's Dangerous Trucks** As shown at 8.30pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

FRIDAY

Friday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Harrow: A Very British School** Documentary.
7.00 **Discovering: Nicolas Cage**
8.00 **The Directors**
9.00 **Rolling Stone: Stories from the Edge**
9.55 **The Movies**
10.50 **Telemarketers**
12.00 NOON **Sergio Leone: The Italian Who Invented America**
2.00 PM **Against the Tides**
3.50 **My Icon: Casey Stoney**
4.00 **The Directors**
5.00 **Discovering: Nicolas Cage**
6.00 **Rolling Stone: Stories from the Edge**
6.55 **The Movies**
7.45 **Telemarketers**
9.00 **I Am Bruce Lee** The career of the actor and martial artist.
10.50 **Rise of the Superheroes** The domination of cinema by comic book franchises.
1.05 AM **Transhood** Documentary.
3.00 **Console Wars** The rivalry between Nintendo and Sega.
4.50 **My Icon: Michael Campbell**
5.00 **to 6.00** AM **Discovering: Nicolas Cage**

Sky Nature

124/125 822 189 354 369

6.00 AM **Dogs with Extraordinary Jobs** Documentary.
7.00 **Monkey Life**
8.00 **Rewilding**
9.00 **Africa's Underwater Wonders**
10.00 **America's Wild Border...**
11.00 **Wildlife ER**
12.00 NOON **Extreme Animals...**
1.00 PM **Monkey Life**
2.00 **Rewilding**
3.00 **Africa's Underwater Wonders**
4.00 **America's Wild Border: Northern Exposure**
5.00 **The Wadden Sea**
6.00 **Extreme Animals: One Wild...**
7.00 **Monkey Life** Double bill.
8.00 **Wildlife ER**
9.00 **Monkeys and More: Our Closest Relatives**
10.00 **Extreme Animals: One Wild Day** Documentary.
11.00 **Wildlife ER**
12.00 M'T **Hope for Wildlife**
1.00 AM **Malawi Wildlife Rescue**
2.00 **Wildlife ER**
3.00 **Monkeys and More...**
4.00 **Rewilding**
5.00 **to 6.00** AM **Africa's...**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Brad Meltzer's Decoded**
9.00 **Ancient Aliens**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Secrets of Great British Castles** Caernarfon Castle.
2.00 **James Nesbitt: Disasters That Changed Britain**
3.00 **History's Crazy Rich Ancients**
4.00 **Guns That Changed the Game**
5.00 **Beyond the Myth: The SS Unveiled** Heinrich Himmler.
6.00 **Weeks of War**
7.00 **What on Earth?**
8.00 **Bermuda Triangle Enigma** Ortis Deley goes in search of the lost city of Atlantis.
9.00 **Inside the Tower of London**
10.00 **History's Crazy Rich Ancients**
11.00 **Paranormal: Caught on Camera** A strange creature.
12.00 M'T **Ancient Aliens**
2.00 AM **The UnXplained with William Shatner**
3.00 **Human Weapon**
4.00 **Secrets of Great British Castles**
5.00 **to 6.00** AM **Britain's Secret Islands**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Homicide: Hours to Kill**
10.00 **Killer in Plain Sight**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **#Textmewhenyougethome**
2.00 **Imperfect Murder**
3.00 **Green Eyed Killers**
4.00 **Killer Britain**
5.00 **Homicide Hunter**
6.00 **The First 48** Double bill.
8.00 **Homicide: Hours to Kill**
9.00 **Court Cam** New edition
9.30 **My Strange Arrest** New edition A man proposes while getting arrested.
10.00 **Booked: First Day In**
11.00 **Homicide Hunter**
12.00 M'T **Cruise Ship Killers**
1.00 AM **Court Cam**
1.30 **My Strange Arrest**
2.00 **Killer Britain**
3.00 **#Textmewhenyougethome**
4.00 **Homicide: Hours to Kill**
5.00 **to 6.00** AM **Fear Thy Neighbour**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Wild Indonesia**
10.00 **World's Deadliest**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Ocean's Weirdest**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Fish Tank Kings**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A litter of dhole pups seek acceptance from the leader of the pack.
8.00 **Africa's Deadliest** A look at the small but deadly creatures that inhabit Africa.
9.00 **Savage Kingdom** Young alpha Wame desperately seeks water for her dogs.
10.00 **Saved from a Shark** People who believe dolphins and whales saved them from shark attacks.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Swamp Men**
2.00 **Ocean's Weirdest**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **Unsolved History**
8.00 **Ultimate Warfare**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Salvage Hunters: The Restorers** A giant clock.
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **Unsolved History**
3.00 **Blowing Up History**
4.00 **Mysteries at the Museum**
5.00 **Ultimate Warfare**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters** Drew does battle at a castle in Essex.
11.00 **Salvage Hunters: The Restorers** A 19th-century lamp.
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Underground Worlds**
10.00 **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
6.00 **Abandoned Engineering** A beacon that transmitted one of the most infamous messages in American history. **7.00** An American desert canyon where fortunes were made and lives were lost. **8.00** A monster lost in the Alaskan tundra, and a prison built to house a mafia kingpin. **9.00** Exploring legendary film sets with surprising pasts and real locations that inspired Hollywood. **10.00** A secret facility that once manufactured mustard gas and enriched uranium. **11.00** A windswept Scottish island, and a resort in Japan that watched a city burn. **12.00** M'T A look at an engineering masterpiece carved into the cliff-face.
1.00 AM **Abandoned Engineering**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared** The case of Logan Schiendelman.
5.00 **Murder Comes to Town**
6.00 **Forensic Detectives**
7.00 **People Magazine Investigates**
8.00 **Reasonable Doubt**
9.00 **The Murder Tapes** Exploring the case of Marilyn Gandert.
10.00 **Murder Under the Friday Night Lights** The story of the murder of Louisiana football coach Juan Joseph. **11.00** The case of local football hero TK Kelly.
12.00 M'T **True Conviction**
1.00 AM **Betrayed** Debbie Ashley.
2.00 **Evil Lives Here**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Extreme RVs**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Shipwreck Men**
4.00 **Vintage Voltage**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers**
8.00 **Vintage Voltage**
9.00 **Extreme RVs** The builders create a masterpiece for a couple with a passion for flash.
10.00 **World's Top 5** The most impressive seafaring vessels.
11.00 **Mega Shippers**
12.00 M'T **Vintage Voltage**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

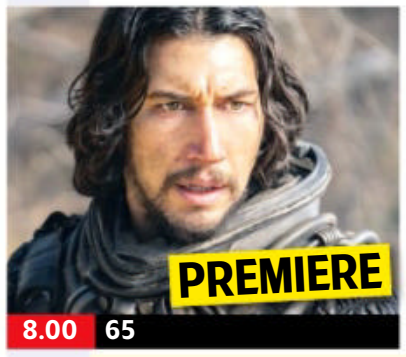
+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Marcel the Shell with Shoes On** As 3.30am.
7.40 **Accident Man: Hitman's Holiday** As shown at 3.40pm.
12.00 NOON **PREMIERE 65** (2023)
1.40 PM **All My Puny Sorrows**
3.40 **Accident Man: Hitman's Holiday** Crime comedy sequel starring Scott Adkins. (2022, 15, 96min) ★★
5.20 **Tár** Drama starring Cate Blanchett and Nina Hoss. (2022, 15, 158min) ★★★★



8.00 65

8.00 PREMIERE 65 Action adventure starring Adam Driver. When an astronaut crashes on a mysterious planet, he fights for survival amidst the deadly wildlife. With Ariana Greenblatt. (2023, 12, 93min) ★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 All My Puny Sorrows Drama with Alison Pill and Sarah Gadon. A pianist is obsessed with ending her life, while her sister makes profound discoveries about her herself. (2021, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Swallowed** Horror thriller. (2022, 18, 96min) ★★
1.40 AM **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★
3.30 **Marcel the Shell with Shoes On** Animated family comedy. (2022, PG, 90min) ★★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.30 AM **Mass** As 3.35am.
8.30 **Child 44** As 1.15am.
10.50 **The Twilight Saga: Eclipse** Romantic thriller sequel. (2010, 12, 123min) ★★★
1.00 PM **King Kong** Fantasy. (2005, 12, 187min) ★★★★
4.05 **The Lost City** Adventure. (2022, 12, 112min) ★★★
6.00 **The Twilight Saga: Breaking Dawn – Part 1** Supernatural romantic thriller sequel. (2011, 12, 117min) ★★

6.00 Breaking Dawn – Part 1

8.00 Hancock Action comedy fantasy starring Will Smith as a drunken superhero who leaves disaster in his wake – until he encounters an idealistic PR guru and his wife. (2008, 12, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Woman in Black Supernatural chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Woman in Black 2: Angel of Death** Horror sequel starring Helen McCrory and Jeremy Irvine. (2014, 15, 95min) ★★★
1.15 AM **Child 44** Thriller starring Tom Hardy and Gary Oldman. (2015, 15, 134min) ★★★
3.35 **Mass** Drama starring Jason Isaacs and Martha Plimpton. (2021, 12, 111min) ★★★★★
5.35 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.40 AM **The Young Messiah** (2016)
9.35 **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★
11.55 **Captain Fantastic** Comedy drama with Viggo Mortensen. (2016, 15, 116min) ★★★★
2.00 PM **Big Fish** Tim Burton's fantasy. (2003, PG, 123min) ★★★
4.10 **A Monster Calls** Fantasy drama starring Lewis MacDougall. (2016, 12, 108min) ★★★★
6.05 **Eternal Sunshine of the Spotless Mind** Offbeat romantic comedy starring Jim Carrey and Kate Winslet. (2004, 15, 108min) ★★★★★
8.00 **Coach Carter** Sports drama starring Samuel L Jackson as a high-school basketball coach who creates a scandal when he suspends his undefeated team. (2004, 12, 136min) ★★★
10.25 **The Impossible** Disaster movie starring Ewan McGregor. (2012, 12, 114min) ★★★★
12.30 AM **The Fighter** Boxing drama starring Mark Wahlberg. (2010, 15, 116min) ★★★★
2.40 **Defiance** World War Two action drama starring Daniel Craig. (2008, 15, 137min) ★★★★
5.10 **to 7.05** AM **The Young Messiah** Drama. (2016, 12, 111min) ★★

Sky Cinema Dystopia

311 311 411 511 525

7.35 AM **Stealth** As 4.15am.
9.40 **American Carnage** Horror. (2022, 15, 98min) ★★★
11.25 **Looper** Time-travel thriller. (2012, 15, 119min) ★★★★
1.25 PM **Terminator 2: Judgment Day** Sci-fi action thriller sequel. (1991, 15, 146min) ★★★★★
4.00 **Bodies Bodies Bodies** Horror starring Amandla Stenberg. (2022, 15, 94min) ★★★★
5.40 **The Matrix** Sci-fi action thriller. (1999, 15, 136min) ★★★★
8.00 **The Matrix Reloaded** Sci-fi thriller sequel starring Keanu Reeves and Carrie-Anne Moss. (2003, 15, 137min) ★★★★
10.20 **The Matrix Revolutions** Sci-fi action thriller sequel starring Keanu Reeves. As the machine army advance on the city of Zion, messiah-like hero Neo remains trapped between the Matrix and the machine world. (2003, 15, 129min) ★★★
12.30 AM **Train to Busan** South Korean horror. Subtitled. (2016, 15, 118min) ★★★★
2.30 **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★
4.15 **to 6.20** AM **Stealth** Thriller. (2005, 12, 121min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.50 AM **Blueback** As 1.10am.
8.40 **C.I.Ape** (2021, PG) ★
10.10 **Divergent: Insurgent** Sci-fi sequel. (2015, 12) ★★
12.15 PM **Agent Cody Banks** Comedy. (2003, 12) ★★
2.00 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
4.00 **Nanny McPhee** Comedy. (2004, U, 98min) ★★★★
5.45 **Nanny McPhee & The Big Bang** Comedy fantasy sequel. (2010, U, 109min) ★★★

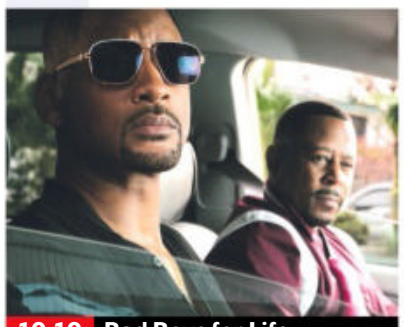
4.00 Nanny McPhee

7.40 **Annie** Musical remake starring Quvenzhane Wallis, Jamie Foxx and Rose Byrne. An orphan goes to live with a wealthy businessman running for mayor. With Cameron Diaz. (2014, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.40 **Cinema List: Epic Quest**
10.00 **Mee-Shee: The Water Giant** Fantasy adventure with Bruce Greenwood. (2005, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 **Hot Dog Derby** Family comedy starring Jason London and Alicia Witt. (2013, U, 82min) ★★
1.10 AM **Blueback** Drama with Mia Wasikowska and Eric Bana. (2022, PG, 102min) ★★★
3.00 **The Prince & Me** Romantic comedy starring Julia Stiles. (2004, PG, 111min) ★★
5.00 **to 6.40** AM **Furry Vengeance** Comedy with Brendan Fraser. (2010, PG, 88min) ★★

Sky Cinema Action

307 307 407 507 521

6.30 AM **Sky Cinema Preview**
7.30 **Shaolin Soccer** Hong Kong comedy. (2001, 12) ★★★
9.05 **Snowpiercer** As 12.20am.
11.15 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
1.30 PM **The Equalizer 2** Thriller sequel. (2018, 15) ★★★
3.35 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★
5.50 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★

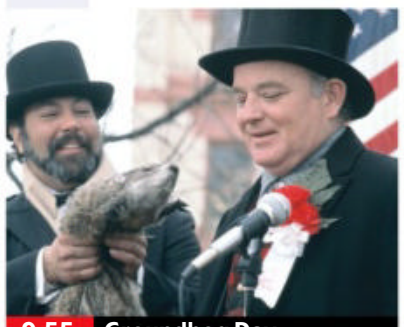

10.10 Bad Boys for Life

8.00 **Jason Bourne** Action thriller starring Matt Damon and Tommy Lee Jones. A former government operative is drawn out of hiding to uncover more truths about his father. With Alicia Vikander, Julia Stiles and Vincent Cassel. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. A Miami detective is targeted for assassination by a crime lord's widow. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.20 AM **Snowpiercer** Fantasy thriller starring Chris Evans. (2013, 15, 126min) ★★★★
2.30 **The Punisher** Action thriller. (2004, 18, 123min) ★
4.40 **to 6.25** AM **Fatman** Action comedy starring Mel Gibson. (2020, 15, 100min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Dinner for Schmucks**
8.55 **Breaking News in Yuba...**
10.40 **Bridget Jones: The Edge of Reason** Comedy sequel. (2004, 15, 108min) ★★★
12.30 PM **Hitch** Romantic comedy. (2005, 12, 118min) ★★★
2.30 **Made of Honor** Comedy. (2008, 12, 97min) ★★
4.15 **Just Like Heaven** Fantasy. (2005, PG, 95min) ★★★★
5.55 **Bridget Jones's Baby** Comedy sequel. (2016, 15) ★★★

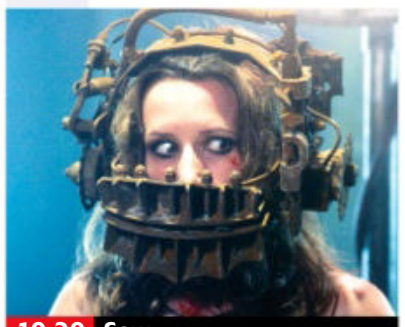

9.55 Groundhog Day

8.00 **Kingpin** Crude comedy starring Woody Harrelson as a one-handed ten-pin bowler who discovers a reluctant protégé in the form of an Amish man. With Randy Quaid and Bill Murray. (1996, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 **Groundhog Day** Fantasy comedy with Bill Murray and Andie MacDowell. A cynical TV weatherman finds himself reliving the same 24 hours over and over again. (1993, PG, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Knocked Up** Comedy. (2007, 15, 129min) ★★★★
1.50 AM **Breaking News in Yuba County** Comedy drama. (2021, 15, 96min) ★★
3.35 **Goon** Sports comedy. (2011, 15, 91min) ★★★
5.15 **to 7.15** AM **Dinner for Schmucks** Comedy remake. (2010, 12, 113min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Sky Cinema Preview**
7.30 **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
9.50 **The Dry** (2020, 15) ★★★★
12.00 NOON **No Country for Old Men** (2007, 15) ★★★★
2.15 PM **The Warriors** Thriller. (1979, 15, 94min) ★★★
3.50 **Gone Baby Gone** Drama. (2007, 15, 109min) ★★★★★
5.50 **The Manchurian Candidate** Crime thriller remake. (2004, 15, 130min) ★★★★

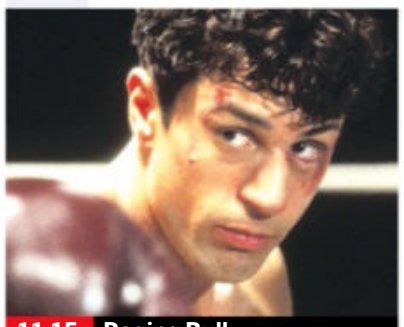

10.20 Saw

8.00 **In the Line of Fire** Thriller starring Clint Eastwood as a veteran secret service agent trying to stop a killer assassinating the US president. With John Malkovich, Rene Russo, Gary Cole and Dylan McDermott. (1993, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.20 **Saw** Horror thriller starring Leigh Whannell, Cary Elwes and Danny Glover. Two men are forced to take part in a sadistic game of survival by a serial killer. (2004, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.20 AM **Pulp Fiction** Quentin Tarantino's crime comedy. (1994, 18, 154min) ★★★★★
3.10 **Serenity** Mystery thriller. (2019, 15, 106min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Last Train from Gun Hill** Western. (1959, 15) ★★★
12.55 PM **The Furies** Western. (1950, b/w, PG, 109min) ★★★
3.05 **Hangman's Knot** Western. (1953, PG, 81min) ★★
4.45 **Shenandoah** Western drama starring James Stewart. (1965, PG, 101min) ★★★★
6.55 **Footloose** Dance drama with Kevin Bacon and Lori Singer. (1984, 12, 107min) ★★★


11.15 Raging Bull

Footloose (film started at 6.55pm) — **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Let Him Go** Crime drama starring Diane Lane, Kevin Costner and Kayli Carter. A retired sheriff and his wife, grieving over the death of their son, set out to find their only grandson. With Lesley Manville and Jeffrey Donovan. (2020, 15, 113min) ★★★ — **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Raging Bull** Martin Scorsese's powerful biopic of boxer Jake LaMotta, starring an Oscar-winning Robert De Niro. (1980, 15, 119min) ★★★★★ — **10 PM**
1.55 **to 3.55** AM **Blood Simple** Film noir thriller from the Coen Brothers, starring John Getz, Frances McDormand and M Emmet Walsh. (1983, 15, 99min) ★★★★★ — **11 PM**

+1 hour 314 430 47 301

Sky Cinema Antiheroes

302 302 402 502 516

6.20 AM **Sky Cinema Preview**
7.20 **Pig** Drama. (2021, 15) ★★★★
9.05 **Sky Cinema Preview**
9.35 **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★
11.25 **Resident Evil: Extinction** Sci-fi horror thriller sequel. (2007, 15, 90min) ★★
1.15 PM **The Paper Tigers** Comedy. (2020, 12, 108min) ★★★

3.15 **Chinatown** Roman Polanski's thriller starring Jack Nicholson. (1974, 15, 131min) ★★★★★
5.40 **Batman** Tim Burton's fantasy adventure starring Michael Keaton and Jack Nicholson. (1989, 15, 121min) ★★★★
8.00 **Batman Returns** Adventure starring Michael Keaton, Danny DeVito and Michelle Pfeiffer. (1992, 12, 121min) ★★★★
10.10 **The Batman** Crime drama starring Robert Pattinson. (2021, 15, 176min) ★★★★

1.10 AM **Django Unchained** Quentin Tarantino's Oscar-winning Western starring Jamie Foxx. A former slave becomes a bounty hunter and embarks on a mission to rescue his wife. (2012, 18, 165min) ★★★★
4.00 **to 6.00** AM **The Paper Tigers**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Carry On Nurse** (1959)
7.45 **Paper Moon** Comedy. (1973, b/w, PG, 100min) ★★★★
9.45 **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
11.40 **Hatari!** African bush adventure. (1962, U, 157min) ★★
2.20 PM **Blue Hawaii** Musical. (1961, PG, 103min) ★★
4.05 **Roustabout** Musical with Elvis Presley. (1964, U, 97min) ★★

6.00 **Alfie** Comedy drama starring Michael Caine as a womanising Cockney who finally meets his match. With Shelley Winters. (1966, 15, 114min) ★★★★
8.00 **Birdy** Drama starring Nicolas Cage and Matthew Modine. (1984, 15, 120min) ★★★★
10.00 **Boyz N the Hood** Urban drama starring Larry Fishburne and Cuba Gooding Jr as a father and son confronting violence and racism in South Central LA. (1991, 15, 111min) ★★★★★

11.55 **Taxi Driver** Martin Scorsese's drama starring Robert De Niro. (1976, 18, 110min) ★★★★★
2.00 AM **Carry On Nurse** Comedy. (1959, b/w, PG, 85min) ★★★
3.40 **to 6.00** AM **Heaven Can Wait** Fantasy starring Warren Beatty. (1978, PG, 100min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.20 AM **Wonder Woman** (2009)
8.40 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
10.00 **Lego DC Super Heroes: Justice League – Attack of the Legion of Doom!** As 1.40am.
11.20 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
12.55 PM **Fireheart** Animation. (2022, U, 92min) ★★★

2.30 **Millennium Actress** Animation. (2001, PG, 87min) ★★★★
4.00 **DC League of Super-Pets** Animation. (2022, PG) ★★★
5.50 **Minions: Rise of Gru** Animated prequel. (2022, U, 88min) ★★★
7.25 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
9.10 **Rabbit Academy** Animation. (2022, U, 76min) ★★★
10.35 **Mosley** Animated adventure. (2019, PG, 100min) ★★★
12.20 AM **Wonder Woman** Animation. (2009, PG, 74min) ★★★

1.40 **Lego DC Super Heroes: Justice League – Attack of the Legion of Doom!** Animation. (2015, U, 73min) ★★★
3.05 **Gulliver Returns** Animation. (2021, U, 90min) ★★★
4.40 **to 6.15** AM **Pil's Adventures** Animation. (2021, U) ★★

Movies 24

325 419

7.00 AM **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
9.00 **Love and the Radio Star** Romantic comedy with Laura Miyata. (2022, PG, 90min) ★★
11.00 **A Time To Kill: Mystery 101** Drama. (2021, PG, 84min) ★★
1.00 PM **Caribbean Summer** Comedy. (2022, PG, 84min) ★★
3.00 **One Summer** Romantic drama. (2021, PG, 84min) ★★

5.00 **Mystery 101: Deadly History** Drama. (2021, PG, 84min) ★★
7.00 **The Wedding Ring** Romantic drama starring Lauren Lee Smith. (2020, PG, 85min) ★★
9.00 **Making Waves** Comedy starring Holland Roden and Corey Cott. A music executive goes to a festival to sign a new band and finds that the singer is her childhood sweetheart. (2023, PG, 84min) ★★
11.00 **A Love to Remember** Drama. (2021, PG, 90min) ★★

1.00 AM **At Home in Mitford** Drama starring Andie MacDowell. (2017, PG, 84min) ★★
3.00 **to 5.00** AM **The Baker's Son** Fantasy with Eloise Mumford. (2021, PG, 84min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Ensign O'Toole** (S1)
6.30 **What a Whopper!** Comedy. (1961, b/w, U, 89min) ★★
8.15 **The Wedding of Lilli Marlene** Drama. (1953, b/w, PG) ★★
10.00 **The Rogues** (S1)
11.00 **The Golden Madonna** Drama. (1949, b/w, U, 72min) ★★
12.50 PM **The Flemish Farm** Drama. (1943, b/w, PG, 82min) ★★
2.30 **Crown Court**

3.00 **In Suspicious Circumstances**
4.05 **The Purple Heart** Drama. (1944, b/w, PG, 99min) ★★★
6.00 **Time to Remember**
6.30 **Sewers of Gold** Crime thriller. (1979, PG, 102min) ★★
8.30 **Dial 999** (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **The Revenge of Frankenstein** Horror starring Peter Cushing. (1958, 12, 86min) ★★★
10.55 **Cellar Club with Caroline Munro**
11.00 **Fragment of Fear** Thriller. (1971, 15, 95min) ★★★

12.55 AM **Cellar Club with Caroline...**
1.00 **Bringing Out the Dead** Martin Scorsese's urban drama. (1999, 18, 120min) ★★★★
3.30 **The Curse of the Wraydons** Drama starring Tod Slaughter. (1946, b/w, PG, 94min) ★★★
5.25 **to 6.00** AM **One Step Beyond**

Friday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **LIVE Ryder Cup Golf** Coverage of the foursomes matches on the opening day at Marco Simone Golf and Country Club in Rome, where Team Europe and Team USA face each other in the 44th staging of the competition. *See feature, page 28.*
11.30 **LIVE Ryder Cup Golf** Coverage of the fourballs matches on day one at Marco Simone Golf and Country Club in Rome, where Team Europe and Team USA face each other in the 44th staging of the competition.
5.30 PM **Ryder Cup Golf** All the latest news, analysis and action from the 44th Ryder Cup, taking place at Marco Simone Golf and Country Club in Rome.
7.30 **LIVE Betfred Super League** Coverage of the first eliminator play-off encounter.
10.15 **LIVE US Open 9-Ball Pool** Coverage of session two of day five of the tournament, at Harrah's Resort in Atlantic City, New Jersey.
2.00 AM **Sky Sports News**
2.30 **LIVE WNBA** Coverage of a match in the play-offs.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **Total Football**
5.00 PM **Premier League 100 Club**
6.00 **Premier League Legends**
6.30 **Fantasy Show**
7.00 **Premier League Preview**
7.30 **Premier League: Big Interview**
8.00 **Fantasy Show**
8.30 **Gary Neville's Soccerbox** The presenter talks to Robbie Fowler.
9.00 **Premier League Preview**
9.30 **Premier League: Big Interview** An interview with a Premier League star of the past or present.
10.00 **Fantasy Show** Fantasy Football insight ahead of the weekend's Premier League fixtures.
10.30 **PL Retro** Another chance to see Fulham v Manchester United from 2007 at Craven Cottage.
12.30 AM **Premier League Icons** A profile of Fernando Torres.
1.00 **Premier League Years** Moments of the 1997/98 season.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2011/12**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2016/17 play-offs.
9.00 **EFL Greatest Games**
10.00 **Retro League One**
12.00 NOON **Bundesliga Weekly**
12.30 PM **EFL Highlights**
1.00 **EFL Cup Highlights**
2.00 **Scottish Premiership Round-Up**
2.15 **SPFL Highlights**
2.30 **EFL Goals: Leagues 1 & 2**
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.30 **Scottish Premiership Round-Up**
4.45 **SPFL Highlights**
5.00 **Bundesliga Weekly**
5.30 **EFL Cup Highlights**
6.30 **EFL Highlights**
7.00 **WSL Special: Emma Hayes**
7.30 **LIVE EFL Sheffield Wednesday v Sunderland.** The Championship match from Hillsborough. Kick-off **8.00pm**.
10.30 **WSL Special: Emma Hayes**
11.00 **EFL Cup Highlights**
12.00 M'T **EFL Greatest Games**
1.00 AM **Championship Season Review 2018/19**
2.00 **EFL Cup Highlights**
2.30 **EFL Rivalries** Second City Derby.
3.00 **Championship Retro**
5.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **World Cup Cricket Classics**
8.00 **Cricket World Cup**
9.00 **World Cup Cricket Classics**
10.00 **Cricket World Cup**
2.00 PM **Capturing the ICC World Cup 1992**
3.00 **Cricket World Cup** The ICC Cricket World Cup of 1996. **4.00** A look back at the ICC Cricket World Cup of 1999.
5.00 **Cricket World Cup** A look back at the World Cup of 2003. **6.00** A look back at the ICC Cricket World Cup of 2007.
7.00 **Cricket World Cup** A look back at the World Cup of 2011. **8.00** A look back at the ICC Cricket World Cup of 2015. **9.00** A look at England's 2019 triumph under Eoin Morgan.
10.00 **ICC Men's Cricket World Cup: The Expert's View** A look ahead to the Cricket World Cup in India, which begins on 5 October.
11.00 **ICC Cricket World Cup** Action from England v New Zealand.
12.00 M'T **World Cup Cricket Classics**
1.00 AM **How the 2003 ICC World Cup Was Won**
4.00 **World Cup Cricket Classics**
5.00 **to 6.00** AM **Cricket World Cup**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **LIVE Ryder Cup Golf** Coverage of the foursomes matches on the opening day at Marco Simone Golf and Country Club in Rome, where Team Europe and Team USA face each other in the 44th staging of the competition. *See feature, page 28.*
11.30 **LIVE Ryder Cup Golf** Coverage of the fourballs matches on day one at Marco Simone Golf and Country Club in Rome.
5.30 PM **Ryder Cup Golf** The latest news, analysis and action from the 44th Ryder Cup at Marco Simone Golf and Country Club in Rome.
7.30 **Ryder Cup** Action from the opening day's play in Rome.
8.30 **Ryder Cup Captain's Dinner**
9.30 **Ryder Cup** Day one at Marco Simone Golf and Country Club.
10.30 **Ryder Cup Memories**
11.30 **Ryder Cup** Day one in Rome.
12.30 AM **How the 1995 Ryder Cup Was Won**
2.30 **Ryder Cup** Day one in Rome.
3.30 **Luke Donald: Cool Hand Luke**
4.00 **My Ryder Cup**
4.30 **Celebrity Kop Club**
4.45 **My Ryder Cup**
5.00 **to 6.00** AM **Ryder Cup**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **The WRC Magazine**
6.30 **Ligue 1 Show**
7.00 **WWE Highlights**
9.00 **Premier League Netbusters**
9.30 **Ligue 1 Show**
10.00 **LIVE AFLW Western Bulldogs Women v St. Kilda Women.**
12.00 NOON **The WRC Magazine**
12.30 PM **LIVE World Rally Championship** From Chile.
3.15 **TNT Sports Reload**
3.45 **New Signing**
4.15 **Original Documentary**
5.30 **Serie A: Full Impact**
6.00 **Premier League Preview**
6.30 **The Fantasy Show**
7.00 **Deaf Away Days**
7.15 **Ligue 1 Show**
7.45 **LIVE Ligue 1 Strasbourg v Lens.** Kick-off **8.00pm**.
10.00 **Champions League Magazine**
10.30 **Premier League Preview**
11.00 **WWE NXT Highlights**
12.00 M'T **WWE SmackDown Hlts**
1.00 AM **LIVE WWE Friday Night SmackDown** Wrestling coverage.
3.00 **World Rally Championship**
3.30 **Premier League Preview**
4.00 **World Rally Championship**
4.30 **to 7.00** AM **LIVE AFL** The Grand Final. Bounce-up **5.30am**

TNT Sports 2

411 411 871 | 528 | 409 431

8.15 AM **MotoGP Films**
9.45 **What I Wore** Jermain Defoe.
10.00 **UEFA Champions League Goals Show Retro**
11.00 **Fight Night Live**
1.00 PM **AFL** The 2022 Grand Final.
3.00 **WWE NXT** Wrestling action.
4.45 **What I Wish I Wore**
5.00 **The Fantasy Show**
5.30 **Premier League: Big Interview**
6.00 **Deaf Away Days**
6.15 **TNT Sports Reload**
6.30 **LIVE World Rally Championship** Coverage of special stages four to six in Chile.
9.30 **Badminton Unlimited**
10.00 **Amplified** A look at how Manchester City won the treble.
10.30 **MotoGP Highlights**
11.30 **The Fantasy Show**
12.00 M'T **Serie A: Full Impact**
12.30 AM **Ligue 1** Strasbourg v Lens.
1.30 **MotoGP Rewind**
1.45 **LIVE MotoGP** Coverage of the Grand Prix of Japan third free practice and qualifying sessions.
3.45 **MotoGP Rewind**
4.30 **to 6.00** AM **LIVE MotoGP** The Grand Prix of Japan Moto2 and Moto3 qualifying sessions from Mobility Resort Motegi.

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Serie A** Juventus v Lecce. **7.00** Cagliari v AC Milan. **8.00** Verona v Atalanta. **9.00** Empoli v Salernitana. **10.00** Inter Milan v Sassuolo.
11.00 **Serie A** Napoli v Udinese. **12.00** NOON Lazio v Torino. **1.00** PM Frosinone v Fiorentina. **2.00** Monza v Bologna. **3.00** Genoa v AS Roma.
4.00 **Vanarama National League** Rochdale v Chesterfield.
5.30 **UEFA Champions League Goals Show Retro** Tottenham Hotspur v Inter Milan in 2010/11.
6.30 **MotoGP Highlights**
7.30 **TNT Sports Reload**
8.00 **Fight Night Live** Another chance to see Zhilei Zhang v Joe Joyce.
10.00 **New Signing** BSL users Damaris Cooke and Rolf Choutan train.
10.30 **V8 Supercars Highlights**
11.30 **MLB: Off the Bat**
12.00 M'T **LIVE MLB** Coverage of a Major League Baseball fixture.
3.30 AM **MLB Plays of the Week**
4.00 **MLB: Off the Bat**
4.30 **TNT Sports Reload**
5.00 **What I Wore** Peter Crouch.
5.30 **to 6.00** AM **Champions League Magazine**

Sky Sports NFL

407 407 865 | 517 507 | 426 446

6.00 AM **NFL Bitesize Highlights**
7.00 **NBC's Pro-Football Talk**
9.00 **One Jets Drive**
9.30 **NFL Gameday**
10.00 **NFL Bitesize Highlights**
12.00 NOON **Good Morning Football**
3.00 PM **NFL Highlights**
4.00 **NFL Gameday**
4.30 **NFL Bitesize Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Green Bay Packers v Detroit Lions.
8.15 **49 Hours** A look at the 49 hours before the San Francisco 49ers take to the field for NFL action.
8.30 **NFL Gameday**
9.00 **NFL Highlights** Green Bay Packers v Detroit Lions.
10.00 **49 Hours**
10.15 **NFL Bitesize Highlights** Green Bay Packers v Detroit Lions.
10.30 **NFL Gameday** All the latest news from the NFL season.
11.00 **NFL Fantasy** Analysis.
12.00 M'T **Total Access** The latest NFL news and talking points.
1.00 AM **NFL Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Bitesize Highlights**
5.00 **NFL Gameday**
5.30 **to 6.00** AM **Jaguars Weekly UK**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **Cricket World Cup**
8.30 **Women's Super League**
9.00 **Top Rank Boxing Archive**
10.00 **Formula 1** Japanese Grand Prix.
11.00 **Solheim Cup Golf**
12.00 NOON **Top Rank Boxing Archive**
12.30 PM **Betfred Super League Highlights** Top-flight action.
12.45 **British Basketball** A chance to see London Lions v Bristol Flyers.
3.00 **LIVE US Open 9-Ball Pool** The opening session on day five of the tournament in Atlantic City.
7.30 **LIVE Bundesliga TSG 1899 Hoffenheim v Borussia Dortmund.** Coverage of the German top-flight match from PreZero Arena. Kick-off **7.30pm**.
9.30 **LIVE US Open 9-Ball Pool** Coverage of session two of day five of the tournament, which takes place at Harrah's Resort in Atlantic City, New Jersey.
2.00 AM **Betfred Super League Highlights** Top-flight action.
2.30 **LIVE WNBA** Coverage of a match in the play-offs.
4.30 **Top Rank Boxing Archive**
5.00 **to 6.00** AM **Formula 1**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **MLB World Series Film 2008** Archive action.
7.45 **MLB World Series Film 2009**
9.30 **MLB World Series Film 2010**
11.15 **MLB World Series Film 2011**
1.00 PM **MLB** A regular-season match.
3.30 **MLB Plays of the Week**
4.00 **MLB: Off the Bat**
4.30 **Women's CPL**
8.00 **MLB: Off the Bat**
8.30 **MLB Plays of the Week**
9.00 **MLB** Another chance to see a regular-season match.
11.30 **TNT Sports Reload**
12.00 M'T **Fishing: On the Bank**
1.00 AM **UEFA Champions League Magazine** News and action.
1.30 **Serie A: Full Impact**
2.00 **LIVE AFLW Collingwood v Essendon.** Coverage of the encounter, which takes place at AIA Centre. Bounce-up **2.05am**.
4.00 **V8 Supercars Highlights**
5.00 **to 6.00** AM **Fishing: On the Bank**

Eurosport 1

413 413 868 | 521 | 412 435

6.15 AM **Olympic Games**
6.30 **Wrestling: World Championships** From Belgrade.
7.00 **Athletics: Sydney Marathon**
8.00 **Cycling: CRO Race**
9.00 **Hall of Fame: Tokyo 2020**
10.00 **Snooker: English Open 2022**
12.00 NOON **Cycling: Tour of Langkawi**
1.00 PM **Cycling: CRO Race**
2.00 **LIVE Cycling: CRO Race** Coverage of the fourth stage.
4.00 **Cycling: Agostoni Cup**
5.00 **Climbing World Cup**
6.15 **Olympic Games**
6.30 **The Power of Sport**
7.00 **Cycling: Tour of Langkawi**
8.00 **Cycling: CRO Race** Stage four.
9.00 **Olympic Games**
9.15 **LIVE Mountain Biking** The World Cup meeting in Snowshoe.
11.00 **Cycling: Agostoni Cup**
12.00 M'T **Cycling: CRO Race**
1.00 AM **British Speedway**
2.00 **World Superbikes**
3.00 **to 6.00** AM **Cycling**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **The Power of Sport**
6.30 **Climbing Show**
7.00 **Olympic Games**
8.00 **Motocross World Championship**
8.30 **World Superbikes**
10.20 **LIVE World Superbikes** The opening free practice session.
11.25 **Speedway Grand Prix**
12.20 PM **Formula E** Season review.
1.20 **EWC All Access**
1.50 **Bennetts British Superbikes**
2.50 **LIVE World Superbikes** The second free practice session.
3.55 **Bennetts British Superbikes**
5.00 **Cycling: Tour of Langkawi**
6.00 **British Speedway**
7.00 **World Superbikes**
8.00 **Speedway Grand Prix**
9.00 **Cycling: CRO Race**
10.00 **British Speedway**
11.00 **World Superbikes**
12.00 M'T **Hall of Fame: Beijing 2008**
1.00 AM **Cycling: Tour of Langkawi**
2.00 **Snooker: English Open 2021**
4.00 **to 6.00** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Fight Night International**
7.00 **The Rugby Championship**
8.00 **LIVE NPC Rugby Auckland v Northland.** Coverage of the match at Eden Park in Auckland, New Zealand. Kick-off **8.05am**.
10.00 **Super League Highlights**
10.30 **NRL** Action from the preliminary final at Accor Stadium in Sydney.
12.30 PM **Super League Highlights**
12.45 **British Basketball** A chance to see London Lions v Bristol Flyers.
3.00 **LIVE US Open 9-Ball Pool** The opening session on day five.
7.30 **LIVE Betfred Super League** The first eliminator play-off match.
10.15 **LIVE US Open 9-Ball Pool** Coverage of the second session on day five at Harrah's Resort.
2.00 AM **Betfred Super League Highlights** Top-flight action.
2.30 **LIVE WNBA** A play-off match.
4.30 **Super League Highlights**
5.00 **to 6.00** AM **Fight Night International**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 3** Austrian Grand Prix.
12.05 PM **Max: Man of the Moment**
12.15 **Formula 3** The British Grand Prix sprint race from Silverstone. **1.15** The British GP feature race. **2.30** Highlights from the Hungarian Grand Prix sprint race. **3.30** Action from the Hungarian Grand Prix feature race. **4.45** The Belgian GP sprint race. **5.45** Highlights from the Belgian Grand Prix feature race. **7.00** The Italian GP sprint race.
8.00 **Formula 1** Japanese Grand Prix.
9.00 **Vasseur's Working Methods**
9.10 **Zac and Lewis: F1 Juniors**
9.15 **The 1975 Spanish Grand Prix**
9.25 **Alonso & Ted's Memories**
9.30 **Sky Sports F1 Podcast**
10.30 **Formula 1** A chance to see the Japanese Grand Prix at Suzuka International Racing Course.
12.45 AM **Senna: Maestro of Monaco**
12.55 **Fernley's Life In F1**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

Phoenix Rise

Weekdays, 7pm & 7.30pm, BBC3 & BBC iPlayer

It's a new term at Phoenix Rise but not all of the gang have returned to school – there's no sign of Summer, and the gang are missing their founder member. But when a mysterious stranger, Daisy, claims to have a message for them from Summer, can they trust her?

Meanwhile, freed from his old responsibilies, Billy embarks on some rule-breaking fun. But it's not a great time to be missing lessons, with mock exams looming. Darcy has a plan to help Billy – will he get away with it without getting caught?

PREMIERE

Marcel the Shell with Shoes On

Saturday ,10.05am & 3.50pm, Sky Premiere

This charming animation is about a one-inch-tall talking mollusc called Marcel, who lives with his Nana Connie in an AirBnB. When a documentary film-maker who is staying at the property discovers Marcel, he is inspired to make a film about him – shooting the shell to stardom. Nominated for Best Animated Feature at this year's Oscars, this is a gem of a film for the family.

More great shows to watch this week...

The Game Catchers

Weekdays, 4.15pm, CBeebies

Fun and colourful show about the Game Catchers – Boxy, Pigi, Kate, Nina and Dino – who live on the planet Flossy. Guided by teacher Mr Moustache, the gang zoom around the galaxy in search of new games.

Operation Pawsome

Weekdays, 9.05am, Milkshake!, C5

In this brand new show, some young people get to grips with various tasks with help from the *Paw Patrol* team. In the opening episode, Rocky helps Luna and Oliver make a birdhouse before a storm arrives.

NEW

Live Lesson: 500 Words

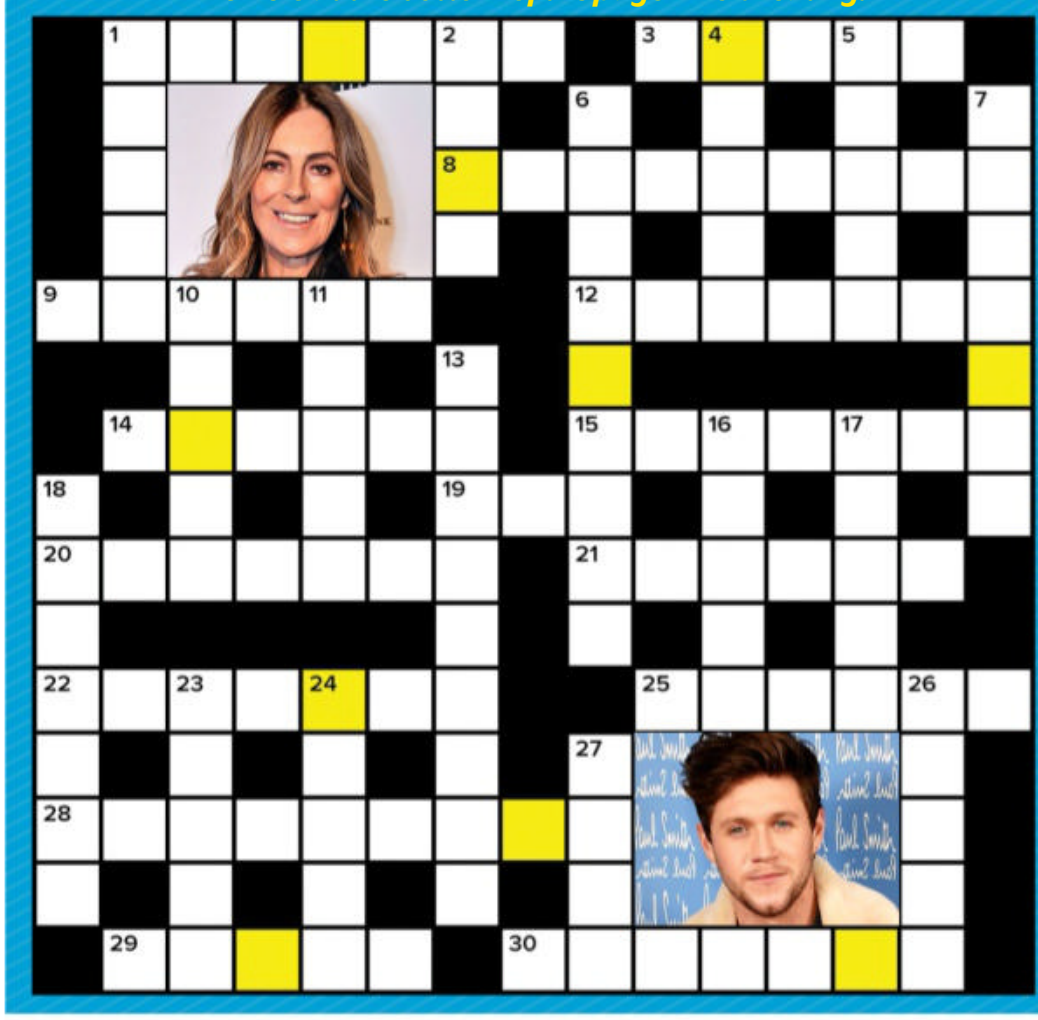
Wednesday, 11am, CBBC

Entry for this writing contest is now open, so tune into this live lesson for advice from writers including Charlie Higson.

NEW

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the letters in the shaded squares to spell out an English actor (3,7). Answers at the bottom of the page – no cheating!



ACROSS

1 See picture clue: Director of 2009's *The Hurt Locker*, ------- Bigelow (7)
3 2000s espionage series with Jennifer Garner (5)
8 American crime series, *True* --------- (9)
9 Corrie's Kirk Sutherland, ------ Whyment (6)
12 Nikki Reed's *Twilight* character, ------- Hale (7)
14 Played Qi'ra in 2018's *Solo: A Star Wars Story*, ------ Clarke (6)
15 *Midsomer* -------, series starring Neil Dudgeon (7)
19 Issa ---, star of American comedy drama series *Insecure* (3)
20 Inspector Wexford creator, Ruth ------- (7)
21 ------ Andress, played Honey Ryder in 1962's *Dr No* (6)
22 *Autumn* -------, 1967 hit for The Kinks (7)
25 Sir Elton John's writing partner, ------ Taupin (6)
28 *An* ---------, 2009 film starring Carey Mulligan (9)
29 Kristen Stewart's *Twilight* role, ----- Swan (5)
30 Angus -------, television presenter and actor (7)

DOWN

1 ----- Gillan, star of the last two *Jumanji* films (5)
2 Star Wars Jedi Master (4)
4 Indiana Jones creator, George ----- (5)
5 Name of the princess in 1990's *The Little Mermaid* (5)
6 The Rolling Stones hit from 1981's *Tattoo You* (5,2,2)
7 ------- *Me*, 1967 Engelbert Humperdinck hit (7)
10 Matt -----, star of 2015's *The Martian* (5)
11 ----- Kendrick, played Meera in *Game of Thrones* (5)
13 Late Italian celebrity chef, Antonio --------- (9)
16 ----- Huntington-Whiteley, model and actor (5)
17 *Grey's Anatomy* star, ----- Pompeo (5)
18 2010 Narnia movie sequel, *The Voyage of the Dawn* ------- (7)
23 Eg, Jerry of the *Tom and Jerry* cartoons (5)
24 See picture clue: ----- Horan, former member of pop band One Direction (5)
26 Charlie de Melo's former Corrie role, ----- Habeeb (5)
27 ---- *Upon a Time in... Hollywood*, 2019 Quentin Tarantino film (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, SKY.

CROSSWORD SOLUTION

ANSWER: Tom Holland **ACROSS:** 1 Kathryn 3 Alias 8 Detective 9 Andrew 12 Rosalie 14 Emilia 15 Murders 19 Rae 20 Rendell 21 Ursula 22 Almanac 25 Bernie 28 Education 29 Bella 30 Deayton **DOWN:** 1 Karen 2 Yoda 4 Lucas 5 Ariel 6 Start Me Up 7 Release 10 Damon 11 Ellie 13 Carluccio 16 Rosie 17 Ellen 18 Treader 23 Mouse 24 Niall 26 Imran 27 Once

Coming soon

Clockwise from top left: Kyle Soller, Jacob Fortune-Lloyd, Shira Haas and Amaka Okafor

FIRST LOOK

Bodies

Stephen Graham stars in a time-twisting crime drama

Netflix's innovative sci-fi whodunnit *Bodies* follows a complex murder investigation that takes place over more than 160 years.

The eight-part drama, airing from 19 October, is based on Si Spencer's graphic novel and centres on the discovery of a body in London's East End in the present day. But, in a startling twist, the corpse is also found in the same place in three other timelines – 1890, 1941 and 2053.

In each period, a different person must investigate the crime – upstanding Inspector Alfred Hillinghead (Kyle Soller) in the Victorian era, shady wartime detective Charles Whiteman (Jacob Fortune-Lloyd), shrewd but reckless 2023 cop DS Shahara Hasan (Amaka Okafor), and Iris Maplewood (Shira Haas), a talented sleuth from the future.

CAUSE AND EFFECT

'We're all investigating the same murder,' says Soller. 'Hillinghead is a skilled detective – he can think like a criminal.'

The four investigators realise they need to establish a way to cross the decades and work together to unravel the truth. But Elias Mannix, played by Stephen Graham, a mysterious political leader who has set up a sinister group known as The Executive, soon comes on to their radar and could hold the key to the homicide. As a shocking conspiracy emerges, the detectives must battle to save Britain and protect countless lives.

'I play Commander Mannix, the leader of a twisted utopian society,' reveals Graham. 'There is suspense. What happens next? We will have to wait and see.'

WHAT'S NEXT FOR...

Christina Hendricks

Sky comedy drama **Small Town, Big Story** sees the actor play a producer who returns to her home town, on Ireland's border with a hidden realm, but her Hollywood crew threaten to expose the secret.

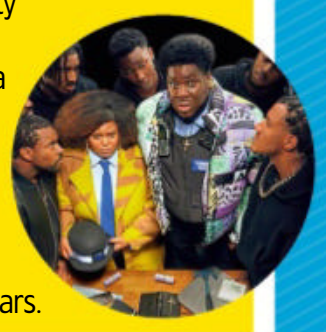
Jimmy Carr

The comic will host quirky game show **Battle in the Box** on Dave next year. Famous faces must spend 24 hours locked in a box and compete against their rivals in various challenges in a bid to win more space.

Coming Back

Simon Bird will return as David, the patriarch of a religious clan, in a second run of C4 sitcom **Everyone Else Burns**. 'We couldn't be more excited to spread the word. Viewers are in for a treat,' says executive producer Molly Seymour.

BBC1 comedy **Black Ops** will be back for a new six-part series, as police community support officers Dom (Gbemisola Ikumelo) and Kay (Hammed Animashaun) face another case. Akemnji Ndifornyen co-stars.



Next week

On sale Tuesday 26 September

Boiling Point

BBC1's sequel to the acclaimed film sees Carly (Vinette Robinson) run her own restaurant.

Payback

In ITV1's crime thriller, Morven Christie plays a woman who has to help bring down a gangster.

Loki

Disney+'s Marvel drama returns and finds Loki (Tom Hiddleston) tackling an epic new threat.

Cricket World Cup

Ben Stokes is back as England defend their 50-overs title in India on Sky Sports.

TV&Satellite week

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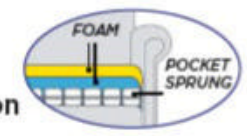

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